



# WELCOME TO YMCA CAMP FOSS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The Granite YMCA | [campfoss.org](http://campfoss.org) | 603.232.8642



## 2025 PARENT HANDBOOK



# WELCOME FROM OUR EXECUTIVE CAMP DIRECTOR

**Hello Camp Foss Campers, Family, and Friends!**

With enthusiasm and a full heart, I am thrilled to introduce myself as the Director of Camp Foss. When I first stepped onto the shores of Willey Pond at 9 years old, I immediately knew that this place was something special. I had grown up in New Hampshire my entire life, but there was nothing quite like camp where there was laughter that moved trees, friendships that formed unwavering bonds, and memories that would stay crystal clear years later.

Camp Foss has been shaping the lives of young leaders for over 100 years. As the Executive Director of Camp Foss, my emphasis will always be on creating a safe, fun, and inclusive experiential environment that not only supports but encourages growth through independence, relationship building, appreciation of nature, and the Y's core values (Caring, Honesty, Respect and Responsibility). Whether it is through swim lessons, high ropes elements, or the end of session play, campers will have the opportunity to learn more about themselves and others all while building self-confidence.

We at Camp Foss know there may be many questions or concerns as a first-time camper, but we welcome the opportunity to put you and your camper at ease. With 20+ years of experience at Camp Foss, I am committed to ensuring your camper has a positive experience and leaves camp with new friends and new skills that will serve them well during their time away from camp. With that being said, feel free to reach out with any questions or concerns as you prepare for an experience that lasts a lifetime. See you this summer!

**Emily Goupil**  
Camp Foss Executive Director

## HANDBOOK CONTENTS

Welcome Letter .....	2	Check In Procedures .....	8
A Day at Camp.....	3	Check Out Procedures .....	9
Programs .....	3	Accommodations & Meals .....	10
Camp Fees .....	4	Intersession Days.....	11
Refund Policy .....	4	Frequently Asked Questions .....	12
Health Forms .....	5	Important Contact Information.....	14
Medications .....	5	Open House.....	14
Communication with My Camper.....	6	Family Camp Weekend .....	14
Suggested Packing List.....	7	Financial Assistance .....	14

# A DAY AT CAMP

## MORNING ACTIVITY SCHEDULE

7:20	Wake Up
8:00	Flag raising & breakfast
9:00	Activity Period 1
10:00	Activity Period 2
11:00	Activity Period 3
12:30	Lunch

## AFTERNOON ACTIVITY SCHEDULE

1:00	Cabin Time
2:15	Activity Period 4
3:15	Activity Period 5
4:15	General Swim
5:15	Flag Lowering/Dinner
5:30	Dinner

## EVENING ACTIVITY SCHEDULE

6:50	Open Time
7:30	Evening Program
8:30	Report to Cabins
9:15	Lights Out (Hilltop/Woodside)
9:45	Lights Out (Lakeview/Sunrise)

The first three morning activities consist of skill based activities where campers are encouraged to try new activities and learn new skills. In the afternoon, activities are by choice and campers sign up for them during lunch. These activities change on a daily basis and are announced at lunch so that campers know what they can sign up for each day. This allows campers to have a hand in shaping their camp experience. Evening activities are typically themed nights that include the entire camp or are organized for individual cabins and/or villages. Some of our evening activities may consist of a carnival night, campfire, camper counselor hunt, and much more!



## PROGRAMS

Our programs are separated into three different areas: recreation, hobbies, and waterfront activities. Morning recreation activities are skills sessions including softball, field hockey, soccer, basketball, tennis, volleyball, etc... In the afternoon, both traditional and unconventional recreation activities are offered for campers to sign up for including dodgeball, kickball, rafterball, foursquare, frisbee golf, kickball, gaga ball, slip and slides, yoga, water games, and much more.

In the morning, campers rotate with their cabin groups to different hobbies activities. In the afternoon, campers have additional opportunities to sign up for other activities that they enjoy or would like to try. The hobbies activities include: high & low ropes courses, target sports, arts & crafts, boating, performing arts, farm & agriculture, and more.

At the waterfront, we offer an array of activities along the shores of Willey Pond. In the morning, all campers participate in instructional activities such as swimming, sailing, aquatic safety, lake ecology, boating lessons, and more. In the afternoon, campers can enjoy free swim, boating, water volleyball, sand castle building, diving, water trampoline, and much more. All activities that take place outside of the designated swim area require a life jacket.



# CAMP FEES

There is a \$100 deposit per week required upon registration. The final payments must be received by May 15. Any campers that still have a balance after the final due date will not be guaranteed a spot and risks being replaced by another camper from the waiting list.

**ALL BALANCES DUE BY MAY 15  
(REGISTRATIONS RECEIVED AFTER MAY 15 REQUIRE FULL PAYMENT)**

**Make checks payable to YMCA Camp Foss.** There will be a fee charged for any returned (NSF) checks. We also accept credit card payments, which can be processed online or by calling Lauren Frazier at 603.232.8642.

**Please mail payments to:** YMCA of Concord  
Camping Services Branch  
15 N. State St.  
Concord, NH 03301

## INTERSESSION STAY OVER DAYS

Campers that are registered for two consecutive sessions and choose to stay at camp in-between the sessions will be required to pay an additional fee. Campers will participate in an off camp trip such as mini golfing, going to the movie theatre, local sporting events, hikes and dinner off camp.

## REFUND POLICY

If your camper is unable to attend camp, please notify our camp office immediately. To receive a refund (less the initial \$100 non-refundable deposit) you must notify us in writing at least 4 weeks in advance of your camper's scheduled camp session. Please allow 2-3 weeks for refund processing. Cancellations resulting in a medical emergency must be accompanied by a signed doctor's note.

**Refunds will not be granted if your camper is sent home due to behavioral reasons. Additionally, refunds will not be given to campers who depart early due to homesickness.**

## LATE ARRIVALS & NO SHOWS

If your camper will be arriving late, please notify the enrollment office at least 2 weeks prior to the start of your camper's session. This allows for plans to be made accordingly. If a camper has not arrived by the start of the evening activity, staff will make an attempt to contact the primary contact. Please note that there are no refunds for late arrivals or no shows.

## GRANITE YMCA MEMBERS

The YMCA is a membership organization dedicated to providing youth, families and communities with the support and opportunity to learn, grow and thrive. If you are a member of The Granite YMCA, your 10% discount will be automatically calculated at the time of registration.



# HEALTH FORMS

Upon registration, you should have received an email asking you to update your campers medical information. This information should be completed prior to their check in day. We are excited to evolve and continue to build safe, efficient, and productive systems for your camper to have a great experience at our camp. If you have any questions, please reach out to Lauren Frazier in our enrollment office.

## **You will need to upload the following documents for your camper's medical information:**

- Copy of physical (dated within last 2 years)
- Immunizations received to date
- Copy of the front and back of insurance card

In accordance with state regulations, no camper will be permitted to be at camp without all required documentation completed.

In accordance with ACA standards, all campers are required to have health insurance and must upload a copy of the front and back of their insurance card when completing your camper's medical information.

## **CAMP NURSING STAFF**

Camp Foss has nursing staff living on site at camp during each session. They are available 24 hours a day for any illnesses, injuries or emergencies that may arise. If medical treatment is required beyond the written orders of our camp nurse, staff will make every effort to contact the family, and the camper will be transported to Clear Choice MD in Alton, Alton Family Practice, Huggin's Hospital, Frisbee Hospital or the closest urgent care facility.

## **MEDICATIONS**

Medications are defined as any substance (not food) that a camper may use to maintain or improve ones health which include: prescriptions, over the counter medicine, vitamins and supplements. Camp Foss must have written consent from your camper's doctor in order to dispense ANY medication during your camper's session. This includes ALL prescription medication and any OTC (over the counter) medications that are not listed on the Camp Foss OTC permissions form such as gummy vitamins, allergy medication, melatonin or homeopathic medications.

### **If your camper needs to take any type of medication while at camp you MUST:**

- A. Have your camper's physical or the healthcare provider form filled out (specifically the medication section) and signed by a licensed healthcare provider.

OR

- B. Have a note of written consent signed by a licensed healthcare provider, stating the medication, dosage, and reason for taking the medication (this should then be uploaded to their medical information).

**Please note:** Without one of these forms of consent, our camp nurse, under their license, will not be able to dispense medication that is undocumented for your camper. Uploading a photo of the medication container will not be accepted. All medications must be in the original packaging.



# COMMUNICATION

Camp is a place where campers have the chance to have fun and be themselves. They make new friends, learn new skills, and try new activities. They will gain a deeper understanding of who they are as a person. Campers love to receive mail, perhaps more than they like to answer it. We encourage you to write letters, send BunkNotes, and send care packages.

## SEND MAIL TO YOUR CAMPER

Write often, but keep the letters cheerful. Emotional letters from families can be a major cause of home sickness. If you receive an unhappy letter from your camper, don't get upset too quickly. Campers often experience homesickness during the first couple days of camp. Please be sure to allow enough time for the mail to reach your camper by the end of their session. Any letters or packages received after your camper's session has ended will be returned to the sender, as long as a return address has been provided. We also suggest sending campers with pre-addressed and pre-stamped envelopes (or postcards) to help them with replying.

## CARE PACKAGES

Campers love receiving packages. We ask that you try to keep the size limited to that of a shoebox. Please use discretion in what you include in your camper's package. Food items in large amounts are not a good idea as it discourages good eating habits and attracts animals. We do ask that all food items be in resealable packages. You may send small amounts and please encourage your camper to share with friends. Other great items to send are books, magazines, puzzles, and small toys or games. Please do not send anything containing nuts or treenuts due to allergies.

## SEND EMAIL & VIEW PHOTOS

If you would like to email your camper, you may register with BUNK1.COM and purchase BunkNotes. You will need to use the pre-approval code provided to you in an "after drop-off" email to register for your account. Bunk1 is a one way email communication that allows you to get your message to your camper quickly. We print them out on a daily basis and hand them out to the campers with the rest of the daily mail and packages. **Please remember this is a one way communication. Campers cannot reply via email, but they can write letters home via USPS.**

Once you create your account you will not only be able to purchase BunkNotes credits to send emails, but you will also be able to view the photo gallery for free. Pictures are uploaded often by our camp staff, so parents and family members can log in and see pictures of what the campers did each day. This helps you stay connected to your camper while at camp and keeps you updated with what activities they're participating in.

## CAMPER PHONE USE

The camp experience is a way for campers to develop a greater sense of independence. We do not allow cell phones or electronics at camp, and we do not have a phone available for campers to routinely make or receive calls. We believe that campers should get to know each other and establish bonds through face to face communication instead of through electronics. Should you need to contact your camper under emergency circumstances or wish to check in on your camper, please contact our on-site camp office at 603.269.3800. A staff member will assist you with your questions and/or concerns.



# SUGGESTED PACKING LIST

This is a basic list of items to bring to camp. Use your own judgement on quantity. Mark each item of clothing with your campers name and make sure to check lost and found upon departure. Camp will not be responsible for lost or broken items. Parents should speak with the cabin counselor regarding any possible bed wetting or sleep walking problems.

## CLOTHES

- t-shirts
- long sleeve shirts
- sweatshirts
- shorts
- pants
- socks
- underwear
- pajamas
- swim suits (2)

## TOILETRIES

- soap
- shampoo/conditioner
- deodorant
- toothbrush
- toothpaste
- hairbrush/comb
- bug repellent
- sunscreen (spray)

## PACKING TIPS

- Please label all belongings with your camper's name or initials.
- Remember to check online for the session schedule one week prior to check in so your camper can choose to pack optional items coinciding with special theme days occurring that session.

## LUGGAGE

We have found that foot lockers, trunks, plastic bins, and/or suitcases fit best under the camp bunks. If luggage is kept to a maximum height of 16" it will easily slide right under the bunk beds for easy storage.

## OUTERWEAR

- rain jacket
- sweatshirt/sweater
- jacket

## BEDDING/LINENS

- sleeping bag
- sheets & blankets
- pillow
- bath towels & beach towels
- laundry bag
- extra sheets  
(if bedwetting is possibility)

## FOOTWEAR

- sneakers
- closed toe athletic shoes  
(croc's are not considered athletic footwear)
- shower shoes
- sandals and/or crocs

## MISCELLANEOUS

- flashlight, headlamp
- stationary, stamps, envelopes
- pens/pencils
- extra batteries
- water bottle
- mini battery operated fan
- disposable camera

## OPTIONAL

- stuffed animal/comfort item
- day pack/back pack
- swim goggles
- rain boots
- costume/dress up items
- camp chair



## LEAVE AT HOME

DO NOT bring the following items to camp! Any prohibited items found could result in confiscation and/or dismissal from camp.

- cell phones
- smart devices
- handheld electronics/games
- knives/fireworks/sparklers



# CHECK IN PROCEDURES

## **Check-in for ALL sessions are:**

SUNDAY from 2:00 pm - 4:00 pm

Check-in involves important preparation to ensure your camper's stay at camp is successful. In order to move you through the process as quickly as possible, check-in will begin promptly at 1:00 pm. Our goal is to get families through the process in under an hour. An email with proper check-in times will be sent before your camper's session.

## **The schedule for check-in day is as follows:**

1. Check in at the Welcome Center
2. Stop by the Dining Hall to ensure all required paperwork is complete, receive cabin assignment, and for a complimentary health screening.
3. Head to Rec Hall and Camp Store to meet the store staff and set up/verify camper's store account.
4. Go to the Infirmary (if applicable) to discuss and drop off any medications and/or discuss any health concerns you may have.
5. Go to your camper's assigned cabin to meet the counselors, help your camper unpack, and fill out authorized release form.

Each camper's health and time at camp is important to us, so please allow for adequate time to ensure your camper is all set!

## **CABIN ASSIGNMENT**

Once you arrive at camp, you will be directed to the Dining Hall to receive your camper's cabin assignment. Cabin assignments are based on age, requests, and length of session stay. One-week and two-week campers will not be placed in the same cabin, but can be placed in the same village. Please be aware that cabin assignments are done just 1-2 days prior to the start of each session to account for last minute changes and to ensure accuracy.

## **STORE ACCOUNT**

Once you have checked your camper in at camp and received their cabin assignment, you will proceed to the camp store (Chetty's Place) to open your camper's store account. All campers are encouraged to open a store account upon check-in (cash, check, and credit cards are accepted). The camp store has a variety of clothing, snacks, souvenirs, and items that might be needed at camp. Usually \$100 is sufficient for a two-week session to cover store items. Please do not send camp store account money with the tuition payments. **Please remember to pick up any remaining balance at the end of your camper's stay with us, otherwise it will be donated to our scholarship fund.**

## **INFIRMARY CHECK-IN**

Any camper that will be taking medication while at camp will be required to go to the Infirmary to meet with our nursing staff. All medication must be listed in your camper's medical information and must be given to the nursing staff at this time for proper storage. No one is allowed to keep or administer their own medication while at camp, except inhalers and EpiPens (with doctor's approval). All medication must be in the original container with the prescription label intact. Over-the-counter medications and vitamins will only be accepted when accompanied by a doctor's note/authorization. If your camper is confined to the infirmary for more than 24 hours, you will be notified by phone.



# CHECK OUT PROCEDURES

## Check-Out for ALL sessions are:

SATURDAY from 9:00 am - 10:30 am

Please be caring and pick up your camper during the allotted check out time frame to allow our staff to get ready for welcoming incoming parents and campers on the following day. Don't forget to stop by the camp store to close your camper's account. Any store accounts uncollected will be donated to our scholarship fund. If someone else other than yourself will be picking up your camper, that person(s) will need to be listed on the release form filled out during the check-in process.

## The schedule for check out is as follows:

1. Meet your camper at the cabin. Be sure to check for any missing belongings. Don't forget to check the clothesline and lost and found box/fence.
2. Stop in at the camp store to pick up any last minute souvenirs. Here you will sign your camper out and close their store account.
3. Go to the Infirmary to pick up any medications (if necessary). Don't forget to say goodbye to the nursing staff!
4. Stop by the Welcome Center as you leave to receive a few parting gifts and chat with the director.
5. Don't forget to talk to your camper about their experience with us and fill out the camp survey that will be emailed to you. This helps us to continue to create the best experience possible for all campers!

## LOST AND FOUND

Please be sure to check your camper's cabin, rafters, under the bunk, on the clothesline, and lost and found fence prior to leaving camp. All articles left at camp will be donated at the end of the camp session.

## KEEPING IN TOUCH

One of the greatest parts about camp is that campers make life-long friendships. We encourage campers to exchange contact information, so that they can continue to keep in touch even during the off season. Be sure your camper swaps information with friends prior to leaving camp. Please join our ["YMCA Camp Foss"](#) group to keep up to date with friends and staff even in the winter months!



# ACCOMMODATIONS & MEALS

## MAILING ADDRESS:

Please address mail to campers as follows:

Camper's Name  
Cabin Name  
Camp Foss  
242 Willey Pond Rd.  
Strafford, NH 03884

Camp Foss has 20 cabins separated into 4 villages. Each village is comprised of 4-6 cabins and a bath house that is shared amongst all the cabins. Each cabin sleeps approximately 8-13 girls and 2 counselors. Cabins are set up with bunk beds, which are determined based on a first come first served basis.

The youngest campers stay in the Hilltop Village, the oldest

campers in the Lakeview and Sunrise Village, and the middle aged campers stay in the Woodside Village. The LIT's have a dedicated LIT cabin for their stay at camp. All bath houses have private showers and restrooms as well as changing areas and sinks.

In addition to 20 cabins, Foss also features a spacious dining hall, a recreation hall (for evening and rainy day activities), a complete medical infirmary, four shower facilities, and a variety of activity buildings to hold time-tested programs to keep campers entertained and educated. The private shores of Willey Pond provide the perfect setting for swim lessons, boating, and waterfront fun. We offer outdoor basketball courts, tennis courts, archery range, soccer field, climbing tower, high and low challenge courses, dance studio, and the Arts & Crafts lodge for campers to have endless opportunities for creativity and fun.

Campers that participate in our out of camp overnight trips or white water rafting trips will sleep in tents when they are not at camp. The tents are provided by Camp Foss.

## MEALS AT CAMP

Camp serves nutritious, well-balanced meals. Alternative options for dietary restrictions are available at every meal for campers and staff. All meals are served "family style", with campers sitting at round tables to encourage discussion with everyone instead of just the person directly to their left or right. Options available at breakfast are typically a hot main dish, cereals, fruit, and yogurt. Lunch and dinner include a soup/salad bar in addition to an entree and side dishes. There are a variety of options available to suit even the pickiest of eaters. Also be sure to enter any dietary restrictions to their medical information so that our kitchen staff are aware and can make accommodations. Water consumption is encouraged throughout the day.

## DINING HOURS:

Breakfast: 8:00 AM  
Lunch: 12:30 PM  
Dinner: 5:30 PM





# INTERSESSION DAYS

## LONG TERM CAMPERS (STAYING LONGER THAN 2-WEEKS)

Campers registered for longer than a two week session are encouraged to go home in between sessions for the chance to do laundry and spend time with family. Campers that live further away and are unable to be picked up for the night will participate in an intersession. The group will do an out of camp trip on Saturday after check out. There is an additional fee of \$200 for camper participation. Pre-registration is required.

### Intersession Day Trips for Summer 2025:

July 5

July 19

August 2

## VISITING YOUR LONG TERM CAMPER

Parents of long-term campers (staying longer than a two week session) may take their camper out of camp on designated visiting days. Parents taking advantage of the visiting days must pick up their camper between 9:00 and 10:30 am on Saturday and bring them back to camp between 1:00 and 3:00 pm on Sunday. Please sign out at the camp store and notify the cabin counselors prior to leaving camp. **There are not visiting days for 1- and 2-week campers. This option is only available for campers staying 3+ weeks.**

### Visiting Options for Summer 2025:

July 5 – July 6

July 19 – July 20

August 2 – August 3

# FREQUENTLY ASKED QUESTIONS

We understand that choosing an overnight camp for your camper can be overwhelming. For your convenience we've compiled a few frequently asked questions that many parents have. If you still have questions and/or would like to speak with our Enrollment Coordinator or Executive Camp Director, please feel free to call or email.

## **THIS IS MY CAMPER'S FIRST TIME AWAY FROM HOME. WHAT CAN I DO TO HELP THEM PREPARE FOR THE SEPARATION?**

Browse through our website and Official Facebook Page together so that your camper can view the pictures and see all of the exciting new activities that they will be able to participate in. Also, go over the packing list (located on our website or in this handbook) together. Talk about all of the fun things they will be doing and all of the new friends that they will meet. Try not to focus on how much you'll miss them or what you may be doing while they are away. Reassure them that things will be fine while they are at camp, and remind them that they are not the only one going away to camp for the first time. There will be a lot of other campers also attending camp for the first time and many that are the same age. First time campers are always welcome to visit Camp Mi-Te-Na before their scheduled sessions.

## **THIS IS MY CAMPER'S FIRST TIME AWAY FROM HOME. WHAT CAN I DO TO HELP BETTER PREPARE MYSELF FOR THE SEPARATION?**

After deciding that Camp Mi-Te-Na is the best option for your camper, the best way to prepare yourself is to read through the parent handbook in its entirety, browse our website, and even join our Official Facebook Page. This is the best way to see, first hand, the memories that are made, friendships that are created, and the fun that your camper will experience this summer. Rest assured, our staff are trained professionals, and many of them started out at Camp Mi-Te-Na as campers themselves and have returned year after year. They know what it's like to be a first time camper, so they can easily relate to your camper and make sure that they're having an amazing experience.

## **WILL MY CAMPER MAKE NEW FRIENDS?**

Camp is a great way to make new friends! In addition to meeting so many new people, your camper will be surrounded by staff that are trained to work with youth and help them make new friends. Staff are also trained in how to address any negative issues, should they arise, such as managing cliques and/or bullying.

## **WHAT HAPPENS IF MY CAMPER'S MEDICAL INFORMATION IS NOT COMPLETED UPON ARRIVAL AT CAMP?**

State law mandates that we have a completed health history and physician-signed physical for all campers that is signed and dated within the last 24 months. Unfortunately, your camper will not be allowed to stay at camp until a copy of their physical, immunizations, insurance card and demographic information has been received and uploaded to their medical information.

## **MY CAMPER HAS SPECIAL MEDICAL NEEDS. WHAT CAN I DO TO ENSURE THAT THEIR NEEDS ARE MET?**

Please call or email our enrollment coordinator outlining your camper's condition and any special requirements. This will allow us to determine if we are able to adequately meet your camper's needs and provide a meaningful camp experience. Additionally, we encourage you to speak with the nurse during the health check-in and to your camper's cabin counselors.



### **IS MY CAMPER ABLE TO BUNK WITH A FRIEND?**

Campers can request cabin mates as long as it is a mutual request and they are the same age. Both campers requesting to be together must also be attending the same length session in order to be placed in the same cabin. For example, both must be attending either one-week or two-week. If they are not the same age, but are within 12 months of age (they will be placed to the best of our ability) in a cabin that is age-appropriate for the younger camper. We will not put campers together in a cabin that are more than 12 months apart in age. Due to last minute enrollment changes, cabin assignments are done just before check-in day. If you call in advance to check on your camper's cabin, we may not be able to tell you.

### **WHAT HAPPENS IF MY CAMPER DOESN'T GET A CABIN REQUEST?**

Our camp staff does their best to accommodate all cabin requests. If campers aren't in the same cabin together they will most likely be in the same village, just in adjacent cabins. Campers will still be able to participate in activities together and will have the opportunity to make new friends.

### **ARE LAUNDRY SERVICES AVAILABLE FOR MY CAMPER?**

Laundry services are only available for long term campers staying longer than a two week session.

### **SHOULD I BE WORRIED IF I DON'T GET ANY MAIL FROM MY CAMPER?**

No, it usually means they are having a wonderful time and are busy in activities and making new friends. Tip: pack self-addressed, stamped postcards or envelopes to mail back to you or other family members and friends.

### **WHAT SHOULD I DO IF I GET A HOMESICK LETTER FROM MY CAMPER?**

Don't panic, it is very normal for the first letter. If you receive another, feel free to call camp and speak with his cabin counselor during meals. When you call the camp number, simply let the individual know the reason for your call, the name of your camper, and what cabin they are in. The message will be delivered to their cabin counselors and one of them will give you a call back during mealtime to discuss how they are adjusting at camp.

### **I WILL BE OUT OF TOWN. CAN I SEND SOMEONE ELSE TO PICK UP MY CAMPER?**

During check-in, each family will fill out a camper release form that lists anyone who is authorized to pick up your camper. Anyone picking up your camper will need to have an ID available during check-out and must be listed on the camper release form.

### **DO YOU OFFER FINANCIAL ASSISTANCE?**

We believe that every camper should have the opportunity to experience overnight camp. Thanks to generous donations from our supporters (including Y families and camp alumni and friends) funds are available for families who may not be able to afford a camping experience for their camper. Applications are available online, and you can reach out to our enrollment coordinator with any questions.

### **EVERYONE IS WELCOME AT CAMP MI-TE-NA & CAMP FOSS**

The Granite YMCA provides a community where all are welcome. Camp Mi-Te-Na for boys and Camp Foss for girls are binary gendered overnight camps. We ask that campers attend the camp that aligns closest with their sincere self-reported gender identity. We expect campers and staff to follow all conventional social norms concerning modesty, the right to privacy and respecting others.

# IMPORTANT CONTACT INFORMATION

Please find below a listing of important phone numbers that will be useful to you if you should need to contact our camp offices.

## CAMP FOSS ENROLLMENT OFFICE (Located at our Granite YMCA location in Concord)

<b>Office:</b>	603.232.8642
<b>Email:</b>	lfrazier@graniteymca.org
<b>Hours:</b>	Monday - Friday, 9:00 AM - 5:00 PM
<b>After Hours:</b>	please leave a voicemail and Lauren will get back to you ASAP

## CHECK-IN/CHECK-OUT DAY PHONE

<b>Summer Office:</b>	603.269.3800
<b>Hours:</b>	Saturdays & Sundays, June 22 - August 16

## CAMP FOSS

<b>Summer Office:</b>	603.269.3800
<b>Hours:</b>	24/7 (Please remember, our staff are working in activities with our campers, so we are not always able to get to the phone. If you reach our voicemail, please leave a message and we will return your call as soon as we are able).

## CAMP FOSS STAFF DIRECTORY

<b>Emily Goupil</b>	Camp Foss Executive Director
<b>Summer:</b>	603.269.3800
<b>Off-Season:</b>	603.232.8657
<b>Email:</b>	egoupil@graniteymca.org
<b>Lauren Frazier</b>	Overnight Camp Enrollment Coordinator
<b>Office:</b>	603.232.8642
<b>Email:</b>	lfrazier@graniteymca.org

## ANNUAL OPEN HOUSE

**Saturday, May 17, 2025**  
**10:00 am - 1:00 pm**

You and your family are invited to visit our camp for an open house and guided tour of camp. Your camper does not need to be registered in order to attend.

## FAMILY CAMP WEEKEND AT CAMP MI-TE-NA

**August 29 - September 1, 2025**  
**6:00 pm - 9:00 am**

Join us for a weekend to reconnect with your family in a relaxing outdoor atmosphere. This is the perfect opportunity to strengthen family bonds and discover the magic that overnight camp has to offer. Enjoy a weekend of adventure with the whole family filled with a variety of activities.

## INAUGURAL CAMP OUT WEEKEND AT CAMP FOSS

**August 22 - 24, 2025**  
**6:00 pm - 1:00 pm**

Enjoy a weekend focused on creating a safe and inclusive environment for LGBTQ+ families, friends and allies. This is the perfect opportunity to create memories, build friendships, and experience the outdoors, together, in an inclusive and accepting environment all while sharing the magic of camp!

## FOSS WEEKEND AT CAMP MI-TE-NA

**September 12 - 14, 2025**  
**6:00 pm - 2:00 pm**

This experience combines the fun from both Camp Foss and Mi-Te-Na in one incredible Fall weekend. This event is designed for Day Campers to experience overnight camp for the first time or for current Foss campers to come back out for one final experience. Activities will include, campfires, arts and crafts, high ropes, archery, sports activities and more.