



Tracking Out Camp Seafarer Trip Information Sheet

A three-day, two-night field trip to Camp Seafarer. The most memorable field trip ever!

Camp Seafarer is a branch of the YMCA of the Triangle, and is an ACA accredited resident camp located on 350 acres on the Neuse River. Camp Seafarer was founded in 1961 and since then has been providing camping and character building experiences for thousands of young people from all over the world.

Camp Seafarer, 2744 Seafarer Road, Arapahoe, NC 28510

Your child will attend Camp Seafarer for three days during either their Fall or Spring Track Out break. The dates for each track are:

Track 1	Sept. 20–22, 2011 (Finley and Kerr)	Track 3	May 1–3, 2012 (Finley and Kerr)
	Sept. 27–29, 2011 (Cary, Garner, Kraft)		May 8–10, 2012 (Cary, Garner, Kraft)
Track 2	Aug. 30–Sept. 1, 2011 (Cary, Finley, Garner, Kerr, Kraft)	Track 4	April 3–5, 2012 (Finley and Kerr)
			April 10–12, 2012 (Cary, Garner, Kraft)

Transportation: Children will be transported to Camp Seafarer by YMCA bus on the first day of the trip. Please drop your child off no later than 8:00 a.m. at the YMCA on this day. Campers will return to the YMCA on the last afternoon of the trip. You will need to pick your child up at the YMCA by 6:00 p.m. on that day. Your YMCA will provide additional arrival and departure details before the trip.

Staff: Our YMCA Tracking Out staff will accompany the campers to Camp Seafarer. The Tracking Out Director will lead the trip and remain at Camp Seafarer for the duration of the trip. There will also be a professional Director at Camp Seafarer who will co-lead the trip with the Tracking Out Director, as well as Camp Sea Gull/Seafarer counselors who will work alongside the YMCA Tracking Out counselors.

Meals: Campers will eat all meals in the Dining Hall at Camp Seafarer. The Food Service Director at Camp Seafarer plans well-balanced meals daily which are served family style. The menu offers plenty of choices and healthy snacks are provided. Please give any special dietary restrictions to the Tracking Out Director prior to your child's arrival at camp.

Cabins: Campers will sleep in open-air cabins. Bathroom and shower facilities have an ample supply of hot water. There will be a YMCA Tracking Out counselor and a Camp Sea Gull/Seafarer counselor sleeping in each cabin. In the event of cold weather, campers will sleep in the heated building at Camp Seafarer instead of in the open-air cabins.

Medical Attention: Medical needs will be provided by a physician, RN, LPN, or EMT who will be on-site at Camp Seafarer during the program. Each camper will be required to submit a Health History Form in order to participate in the trip. Each participant must furnish his/her own insurance.

Camp Activities: Golf, Canoeing, Zipline, Creative Arts, Archery, Tennis, Riflery, Basketball, Nature, Boating, Kayaking, Shark Tooth Hunting, Soccer, Evening Programs



Sample Schedule:

Day One

- 8:30 a.m. Depart YMCA
- 12:30 p.m. Arrive at Camp Seafarer, unpack, tour camp
- 1:00 p.m. Lunch in dining hall
- 2:00 p.m. Activities
- 5:30 p.m. End activities, prepare for dinner
- 6:00 p.m. Dinner
- 7:00 p.m. Evening programs
- 8:00 p.m. Return to cabins for showers
- 9:00 p.m. Preparation for bed, devotion

Day Two

- 7:30 a.m. Rise and shine
- 8:00 a.m. Breakfast
- 8:45 a.m. Morning assembly
- 9:30 a.m. Activities
- 12:30 p.m. End Activities
- 1:00 p.m. Lunch
- 2:15 p.m. Activities
- 5:30 p.m. End Activities
- 6:00 p.m. Dinner
- 7:00 p.m. Evening programs
- 8:30 p.m. Return to cabins for showers
- 9:00 p.m. Preparation for bed, devotion

Day Three

- 7:30 a.m. Rise and Shine
- 8:00 a.m. Breakfast
- 8:45 a.m. Morning assembly
- 9:15 a.m. Activities
- 11:45 a.m. End activities/cabin clean-up
- 12:00 p.m. Pack
- 12:30 a.m. Lunch
- 2:00 p.m. Bus Departs Camp Seafarer
- 6:00 p.m. Arrive at YMCA

Packing List:

Please make sure that you clearly mark all of your child's belongings with his/her name.

- 1 pillow
- 1 blanket or sleeping bag
(March/April trips may want to pack both)
- 1 set of twin sheets
- 1 laundry bag
- 2 towels and a wash cloth
- Toiletries (shampoo, soap toothbrush, toothpaste, hairbrush, etc.)
- 3 pairs of shorts/pants and 3 shirts
- 4 pairs of underwear and socks
- 2 pairs of pajamas
(March/April trips pack warm pajamas)
- 1 jacket or sweatshirt
- 1 bathing suit
- 1 pair of tennis shoes
- 1 pair of sandals/flip-flops
- Sunglasses or hat
- Raincoat
- Sunscreen
- Insect repellent
- 1 book for evening reading (optional)
- Flashlight (optional)
- Disposable camera (optional)
- \$10 for the camp store (optional)

Note:

- You may need to adjust your packing list according to the weather forecast for the week.
- Please do not send electronic games, valuables, extra food, candy, or cell phones.