



# Fact Sheet: Cary Family YMCA Tracking Out Trip to Camp Seafarer

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

**Where:** Camp Seafarer

2744 Seafarer Road  
Arapahoe, NC 28510

Camp Seafarer is a part of the YMCA of the Triangle. Camp Seafarer 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.

**When:** For three days over your child's Spring Track Out break. The dates for each track are listed below:

Track 1: March 24-26

Track 2: May 19-21

Track 3: May 10-12

Track 4: April 21 -23

**Arrival/Departure:** Bus will depart from the Cary Family YMCA at 9:30am on the first day of the trip. Please drop your child off at the YMCA no later than 9:00am on this day. We will return to Cary on the last afternoon of the trip at approximately 4:00pm. You will need to pick your child up at Cary by 6:00pm on that day.

**Staff:** Our Cary 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 Cary Tracking Out Director, as well as Camp Seafarer counselors who will work alongside the Cary 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 balance meals daily which are served family style. The menu offers plenty of choices and healthy snacks are provided. Please note any special dietary restrictions 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 Cary Tracking Out counselor and a Camp 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. This form is attached. Each participant must furnish his/her own insurance.

**Camp Activities:**

Golf Canoeing Zipline Creative Arts  
Archery Tennis BBs Basketball  
Nature Boating Kayaking Sharks Tooth Hunt  
Soccer Evening Programs

**Sample Schedule:**

Day One

9:30am Depart Cary

12:30pm Stop for lunch on the way to Camp Seafarer (Children will bring need a packed lunch for this day.)

2:00pm Arrive at Camp Seafarer: Get settled in/Take a camp tour/Participate in Camp Activities

6:00pm Dinner

6:30pm Free Time

7:30pm Evening Programs

8:30pm Return to cabins for showers

9:00pm Devotion

9:30pm Lights Out

Day Two

7:30am Rise and Shine

8:00am Breakfast

8:45am Morning Assembly

9:30am Activities

12:30pm Recall  
1:00pm Lunch  
2:30pm Activities  
5:30pm Recall  
6:00pm Dinner  
6:30pm Free Time  
7:30pm Evening Programs  
8:30pm Return to cabins for showers  
9:00pm Devotion  
9:30pm Lights Out

Day Three

7:30am Rise and Shine  
8:00am Breakfast  
9:00am Activities  
10:30am Recall/Cabin Clean-up  
11:30am Bag Lunch  
12:00pm Bus Departs for Cary  
4:00pm Arrive at Cary

**Packing List:**

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

- 1 pillow
- 1 sleeping bag and/or heavy blanket (For the trips going in March/April, you will probably want to pack both a sleeping bag and a blanket.)
- 1 set of single sheets (Bring sheets if you choose to bring a blanket instead of a sleeping bag.)
- 2 towels and a wash cloth
- Toiletries
- Pajamas (For the trips going in March/April, please pack warm pajamas.)
- 2 pairs of shorts/pants and 3 shirts
- 3 pairs of underwear
- 1 jacket or sweatshirt (For the trips going in March/April you will probably want to pack 2 sweatshirts.)
- 1 plain white shirt for tie-dye
- Sunglasses (optional)
- 1 pair of tennis shoes
- 1 bathing suit
- Raincoat
- Sunscreen
- 1 laundry bag
- Insect Repellent
- Flashlight (optional)

***\*Note: You may need to adjust your packing list according to the weather forecast for the week. Also please do not send electronic games, valuables, extra food, candy, or cell phones.***