



YMCA CAMP MILLER PARENT HANDBOOK

SUMMER 2026

WELCOME!

Thank you for choosing YMCA Camp Miller for your child's summer camp experience. We have been hard at work planning to make this summer a safe and enjoyable experience for all of our participants.

OUR MISSION, OUR FOCUS & OUR VALUES

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Through our focus on...

Youth Development – Nurturing the potential of youth and teens

Healthy Living – Improving the health and well-being for our communities

Social Responsibility – Giving back and providing support to our neighbors

... each camp program is reflective of the values of honesty, caring, respect and responsibility. We also try our best to help campers grow physically, mentally, and spiritually all within a fun camp environment. Nurturing the potential in each and every child is of the utmost importance and we take on that challenge with an open mind.

GOALS AND EXPECTATIONS:

- To provide a safe, inviting and inclusive camp community for all of our participants
- To ensure trained and qualified staff dedicated to being professional role models work with your child
- To help foster friendships between your child and other campers
- To allow campers to learn and have fun in our exciting activities and traditional camping programs
- To provide children the opportunity to unplug from technology and experience time away in a safe and natural environment
- Please use this handbook as a tool to help better prepare your family for your child's upcoming camp experience. We look forward to partnering with you in helping to bring your child up strong in spirit, mind and body! If you have additional questions or would like more information please contact us at campmiller@lakesuperiorymca.org or by phone at (218)372-3188.

YMCA CAMP MILLER

Camp Miller is a coed, overnight and day camp in Sturgeon Lake, Minnesota, situated on 340 acres of tall pines, beautiful shoreline, and miles of trails. Each summer campers of all ages experience the wonders of summer camp at Camp Miller -- some for the first time, some returning as families with children of their own, and everything in between. Spring and Fall bring their own activities too when we host school and community groups.

Our campers come from across Minnesota, the United States, and even the globe. At Camp Miller, we welcome everyone to our camp community and give all a chance to be, belong, and become.

OUR STAFF

Screening and Training

YMCA Camp Miller employs more than 20 staff for our 2026 summer camp program. Staff members complete an application process that includes state and national screenings, criminal background checks, and reference checks prior to being hired. All staff attend a comprehensive 2 week training session immediately before the start of the camp program.

2026 SUMMER OVERNIGHT AND DAY CAMP SESSIONS

Session 1: June 21st- June 26th

Session 2: June 28nd- July 1st

Session 3: July 5th- July 10th

Session 4: July 12th- July 17th

Session 5: July 19th-July 24th

Session 6: July 26th- July 31st

Session 7: August 2nd- August 7th

CAMP REGISTRATION AND FEES

Registering for camp is easy! Register online [HERE](#). You may also work with us to schedule a payment plan via a credit card and/or bank draft, but the full tuition must be paid at least two weeks prior to the start of camp.

Failure to complete payment will result in a cancellation of the registration and the advancement of another camper from the waiting list.

Tier Pricing

We understand families have differing abilities to pay for camp, so we have instituted a voluntary Two-Tier Fee program. You choose the tier that fits your family budget. All campers receive the same Y experience, no matter what they pay.

TIER A is our historically subsidized rate and does not reflect the true cost of operating summer camp programs.

TIER B accounts for the true costs of camp including wear and tear of buildings and grounds.

CHANGING/CANCELING SESSIONS

Should it be necessary for you to change or cancel your child's session, you must contact YMCA Camp Miller at least two weeks prior to the beginning of the session. Changes will be made based on availability. Your registration must be canceled in writing (email) in advance of check-in day to be refunded.

REFUNDS

Camp session fees may be refunded only when campers are unable to complete their stay due to a medical condition. The \$100 deposit/session is nonrefundable. If the camper has received a scholarship or discount, this will apply to the last days of the camp session. Homesickness or disruptive behavior which results in the child leaving camp are not conditions for refunds.

FINANCIAL ASSISTANCE

Financial assistance is available upon completion of application and availability of funds. Click [HERE](#) to give today. We welcome contributions to our scholarship fund. If you would like to help send a child to camp who otherwise might not be able to afford it, please contact us.

YMCA MEMBER DISCOUNT

YMCA members can take advantage of a member rate for overnight camping sessions. If you are interested in becoming a member, please click [HERE](#).

CABIN REQUESTS

Campers are assigned to their cabins before each session begins. Campers are assigned to cabins according to age, gender identity, program and capacity. We will try to honor cabin

requests but cannot make any guarantees. Campers wishing to share the same cabin need to request each other during registration. Beds within the cabins are not reserved and are filled on first-come basis on check-in day. One bunk-mate request per camper.

SPECIAL NEEDS ACCOMMODATION

YMCA Camp Miller strives to offer a positive experience for children of all abilities whenever their needs can be met. We request that you call camp to review your child's needs and level of staff involvement. We will work with you to determine if YMCA Camp Miller is the right choice for your child.

HEALTH CARE

Our medical staff will treat routine scrapes, cuts and minor illnesses. Services rendered by the camp medical staff are administered at no charge. It is our policy to inform parents of any injury that is more serious than a minor cut or scrape. In the case of serious illness or accident, the staff will contact you immediately. In the event you cannot be reached, we will attempt to reach your designated emergency contact. Your signed authorization through CampDoc allows us to secure prompt treatment. Parents or guardians are responsible for charges incurred for outside medical treatment of their child.

ILLNESS

It is the policy of YMCA Camp Miller not to keep campers with symptoms lasting more than 24 hours in our camp health office. Therefore, we ask parents of campers who are ill for more than 24 hours to care for their child at home and to see the family doctor. Transportation is not provided for campers returning home due to illness. If your child is scheduled to come to camp and becomes ill, please do not bring them to camp. Call the camp office as soon as possible Monday – Friday 8:30 a.m.–5:00 p.m. or email campmiller@duluthymca.org after hours or weekends in order for us to schedule another session for you.

INSURANCE

Parents or guardians must include their personal health insurance information when completing CampDoc. This information will only be used to facilitate outside medical treatment, if required.

EMERGENCIES

Emergency calls to campers should be made by calling the camp office at (218)372-3188, 8:30 a.m.– 5:00 p.m. After 5:00 p.m., call the camp's emergency cell. Emergency contact information will be provided at check in.

COMMUNICABLE DISEASE/ILLNESS

Safety has always been our #1 priority at YMCA Camp Miller, and in today's world, we have layered in some extra precautions against communicable disease.

A series of "non-pharmaceutical interventions" (NPI's as they are termed in the industry) have been developed to keep your child and the camp community safe and healthy. These have been developed through consultation with the American Camping Association, CDC, and local health and licensing bodies.

The core of our NPI's are formed around layers of protection:

- 1.Reduce the likelihood of the virus from entering camp
 - a. YMCA Camp Miller recommends getting vaccinated.
 - b. Restrictions on traffic in and out of camp while camp is in session
 - c. Screening procedures as part of check-in
2. Clean and sanitize regularly

- a. Hand sanitizer available
- b. Hand washing culture

The implementation of each layer of protection decreases the risk of transmission within the camp community of staff and children, as well as to the extended community of parents and families after the camp experience is over.

The successful implementation of these layers of protection requires responsible action from every member of the community - the camp, the staff, the camper and the family.

The Camp: To put in place, and hold accountable to, a set of best practices for the restriction of community spread within the camp environment.

The Staff: To live into the standards put in place, and ensure that their behaviors protect the children in their care in the moment, and the children coming into their care in future camp sessions.

The Camper: To respect the boundaries and behaviors required of them to keep their community safe.

The Family: To take precautions prior to the camp experience, including opening day.

FIRST-TIME CAMPERS

Summer camp experiences are often some of the most treasured childhood memories for a lot of people, but all summer camp adventures have a beginning. We appreciate that with a first time camp experience being away from home there may be some trepidation from both child and parent/guardian, they are going to be without some home comforts, meeting new people and immersed in the camp schedule. We are confident that by the end of the week those nerves will have been conquered, but here are some useful tips to help set everyone up for success:

- Send pre-addressed stamped envelopes with campers so they can send mail to family and friends
- Send old clothes they recognize as their own.
- Do not send valuable clothing. Pack with your camper and make a list of what they bring so that they know what they should bring home.
- Please do not send family heirlooms or expensive items
- Remember: label everything and pack light!

MISSING HOME

Going to camp can be a challenging experience for a child of any age. Short term separation from parents and learning independence are important parts of growing up. Talking with your camper prior to camp lets them know you have confidence in their ability to cope with the new camp lifestyle. Focus on the positive aspects of camp: making new friends, exciting activities and how proud you will be when they succeed. We keep campers so busy and having so much fun with their new friends, they have little time to miss home!

UNPLUGGED FOR A WEEK...CONNECTED FOR A LIFETIME

Camp offers an amazing opportunity to our campers, a tech free/screen free environment, a reality in today's world where these opportunities are few and far between. Campers are able to immerse themselves in the camp experience and be totally present, for the activities, in nature, for their peers and counselors.

PARENT CONTACT

If your child is missing home, or has any other problem you should know about, we will notify you of the situation. Our counselors are well trained to recognize the signs and can

usually head off potential issues before they become a problem.

BEDWETTING

If you know that your camper may wet the bed, please indicate it on the specified form and notify your camper's counselor at check-in. Our staff are trained to deal with bedwetting discreetly, and we will work with your child one-on-one. Campers should be instructed to ask their counselors for help, and every effort will be made to prevent accidents. Please send a plastic sheet and protective apparel with your camper if this may be a problem. An extra set of sheets is helpful if you know this may happen.

KEEPING IN TOUCH

We encourage letters from you as the best way of communicating with your camper. Positive, supportive letters let your camper hear from you in a constructive way. We suggest you send a letter a week prior to your child's session or bring to check in and hand to staff to insure it is received while your camper is here. Campers are encouraged to reply by writing letters as they are generally not allowed to use the phone or computers. Please avoid the "Wish you were" messages and instead focus on their experience at camp.

CARE PACKAGES

Although all campers enjoy receiving these packages from home, we discourage care packages containing food items. They can expose fellow campers to allergies or other dietary restrictions. Please keep snacks at home, our kitchen will provide snacks to campers. Campers can also purchase snacks in the camp store.

PLEASE ADDRESS MAIL THIS WAY

YMCA CAMP Miller

89382 E. Frontage Rd

Sturgeon Lake, MN 55783

Camper's Name/Session Number/Cabin Name

E-MAIL

Parents may email their camper at campmiller@duluthymca.org. Please list camper name and cabin in subject line. Note that campers will not be able to reply via email. Emails received after 12:00 p.m. (M-Th) may not be delivered until the next day. The final delivery of email will be Friday at 11:00 a.m.

Camp directors will communicate with parents of current campers via e-mail on Monday and Thursday. You will have the opportunity to look at a daily photo album.

MEALS & SNACKS

Our kitchen staff plan and prepare well balanced meals. We also provide two snacks per day (one in the morning, one in the evening). Fresh fruit is available all day. Campers eat in cabin groups in designated locations. To help ensure we are able to meet your child's needs, if your child has a dietary restriction(s), include this on their Health Form. You can call camp to discuss any dietary restrictions.

COMMUNITY LIVING

Personal responsibility and group cooperation are important elements of the camp experience. Mature and caring staff members work with campers on the importance of caring for one's personal space and belongings, assisting in daily cabin clean-up, and pitching in with shared responsibilities around camp. We strive to impart caring, honesty, respect and responsibility in our camp community so that it may carry over into our lives outside of camp.

CAMP STORE

From water bottles and t-shirts to sweatshirts and pennants, camp offers a wide range of

souvenirs and snacks for your child to purchase. The average store account is typically \$50 for one week of camp. Camp store accounts can be set up during the registration process or at check in so your child has an account waiting for them when they begin camp. All store accounts must be set up with a credit/debit card.

MEDICATIONS

All prescription medication brought into camp must be in original containers that include the camper's name, dosage and medication administration times.

All medications, including over the counter (vitamins, creams, lotions, etc.) must be turned in to be dispensed by the camp. Medications must remain in the original bottle to be dispensed by camp staff. YMCA Camp Miller stocks most over-the-counter medications needed at camp, so it is not necessary that your child brings these items. If there are any over-the-counter medications that you do not want your child to take, please specify these on the medical form in CampDoc.

Please give all prescription and over-the-counter medications directly to the Medical Station upon arrival at camp. Make sure your camper's name is on all items. It is recommended that all campers stay on regular daily medication during their time at camp.

LOST & FOUND

The camp experience is an opportunity for a camper to learn responsibility for their personal items. Please discuss with your camper the importance of caring for and keeping track of their gear. Any unclaimed items will be held for a period of 2 weeks and then donated to charity.

YMCA Camp Miller is not responsible for lost, stolen or damaged articles.

SWIM CHECKS

Water levels in Sturgeon Lake fluctuate from week to week. Because of this fluctuation, it is difficult to design a specific swim test that will function as intended for each week and season. Regardless of the water levels, Camp Miller will utilize the Red Cross Water Competency Sequence to determine the swimming abilities of each camper and assign campers to swim areas that are appropriate for their skill level.

The Water Competency Sequence includes 5 steps:

1. Step or jump into water over your head
2. Return to the surface and float or tread water for one minute
3. Turn around in a full circle and find an exit
4. Swim 25 yards to the exit
5. Exit from the water

Swimmers who can successfully complete all sections of the Water Competency Sequence will be allowed to swim without a lifejacket in deep water.

Lifeguards will be on duty any time activities are in session on the waterfront.

Lifejackets will be worn by all persons engaged in boating activities, regardless of swimming ability. This includes, but is not limited to paddleboards, canoes, kayaks, sailboats, pontoons, motorboats, etc.

CHECK-IN/CHECK-OUT

Overnight camp Check in is Sunday from 2:00 p.m. to 4:00 p.m. Prior to this, camp staff are involved in a staff meeting and preparing for your camper's arrival. A health screening is part of the check-in process. We do not provide early check in.

Overnight check out at camp will be on Friday afternoon from 2:00 p.m.-3:00 p.m. All

parents must check out with camp staff and show proper identification before their campers will be released. If someone other than the parent is picking up the camper, please note in CampDoc under AUTHORIZED Pickups or notify the camp office in writing via email. Please make sure you pick up your child's medication from the camp medical staff.

Day Camp check in is from 8:00 a.m.-8:30 a.m. M-F.

Day Camp check out is from 5:00 p.m. - 5:30 p.m. M-F.

If you need to collect your camper early for any reason then please be sure to let us know at least a couple of hours before you arrive and we can be sure to have your camper ready for you.

YMCA CAMP MILLER PACKING LIST

Clothing

- 2 pair of closed-toe shoes such as sneakers or athletic shoes
- 1 pair of water shoes for the showers and waterfront activities
- 2 swimsuits
- 6-7 pairs of underwear
- 6-7 T-shirts or blouses
- 6-7 pairs of shorts
- 6-7 pairs of socks
- 1 set of shirt and shorts for MESSY night activities
- 1 raincoat or poncho
- 1 hat or cap (protection from the sun)
- 1 water bottle or canteen (heavy duty) labeled

Bedding

- 1 sleeping bag or single fitted sheet and flat sheet plus 1 light blanket
- 1 pillow
- 1 laundry bag (pillowcase will work too)

Toiletries

- Soap and soap dish
- Toothbrush and toothpaste
- Brush or comb
- Shampoo and conditioner
- 3-4 washcloths
- 2-3 bath towels
- 1-2 beach towels
- 1 flashlight with extra batteries (Highly recommended)

Optional

- Insect repellent (non-aerosol)
- Paper, pen, envelope and stamps
- Camera (of the disposable variety)
- Sunscreen or sunblock (SPF 15 or greater)

C.I.T's should pack accordingly for two weeks of camp.

Mini-Camp should pack accordingly for a half week of camp.

PLEASE DO NOT BRING

Personal Electronic Devices: iPods/iPads, cell phones, computers and any other electronics that are expensive and can be broken or disruptive to camp. Firearms, fireworks, matches,

lighters, knives, tobacco products, drugs, alcohol, valuable items, gum, candy and snacks.

CAMPER BEHAVIOR

It is our intention to provide positive, realistic expectations and guidelines for each camper to ensure their success at camp. We ask that all campers make a commitment to following the camp rules.

The following conduct policies apply directly to each individual camper and will be used in determining the camper's eligibility to continue as a participant in the camp program. Infractions are documented in an incident/discipline report. Please make certain that both you and your child are completely familiar with these policies.

A camper may be suspended or released from camp, without refund, for the following behavior while participating in the program or while being transported:

- Leaving the YMCA campsite without permission, or going into unauthorized areas
- Using foul language, being rude or discourteous to staff and other campers
- Defacing Y property or field facilities or any property visited
- Engaging in fighting, intentionally injuring another camper, or bullying
- Bringing or using any illegal substances and/or weapons
- Public displays of affection
- Stealing or defacing another camper's property
- Refusing to remain with the group while at camp and during outings
- Refusing to follow check in and out procedures or refusing to follow basic rules of safety
- Refusing to participate in daily camp activities
- Not remaining seated at all times while being transported
- Not keeping his/her/their seat belt fastened while being transported
- Having any body part out of the window, defacing the vehicle and/or being rude and discourteous to the driver or to other drivers on the road while being transported

Discipline Procedure

We will always endeavor to work with a child to put in place opportunities for corrective actions and improvement. These steps will invariably proceed through conversations addressing the issues with their counselors, to involving the head counselor, to involving parents/guardians and a behavior contract, up to dismissal from camp. We will always try and exercise the best judgement when progressing through these steps as to what is warranted, and reserve the right to skip to immediate dismissal from camp if the behavior poses a risk to the health and safety of the camper, or others around them.

For the most specific directions to YMCA CAMP MILLER, please use your GPS with our address:

YMCA CAMP Miller
89382 E. Frontage Rd
Sturgeon Lake, MN 55783
Phone Number: (218)372-3188
Hours: Monday–Friday
9:00 a.m.–5:00 p.m.
Email: campmiller@duluthymca.org