



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 YMCA CAMP REED SUMMER GUIDE



IT'S THE BEST!

THE CAMP EXPERIENCE

At YMCA Camp Reed, kids are encouraged to discover who they are and who they can become. With over a century of YMCA camping tradition behind us, Camp Reed continues to evolve – pairing timeless camp experiences with new adventures that keep each summer exciting. Through intentional programming rooted in our mission, campers build confidence, develop meaningful relationships, and grow independence while unplugging from technology and the pressures of everyday life. Our dedicated staff serve as positive, caring role models who prioritize safety, belonging, and fun in everything they do. For generations of families across the Inland Northwest, Camp Reed has been a true home away from home – and in 2026, we can't wait to welcome your camper for what just might be their best week ever. "It's the best!"

– Calypso, Costa, and Calico, Camp Reed Directors



MISSION OF CAMP REED

Our mission is to enhance personal growth, Christian values and a sense of community in a safe wilderness setting. Through active participation in unique challenges and new relationships, Camp Reed transforms ideals into lasting behaviors. We embrace and teach the YMCA's core values of caring, honesty, respect and responsibility.

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YMCA CAMP REED IS ACCREDITED BY
THE AMERICAN CAMP ASSOCIATION

YMCA CAMP REED

YMCA Camp Reed was established in 1915 and is the oldest overnight camp in the Inland Northwest. Located just thirty miles north of Spokane, Camp Reed occupies nearly 600 acres on beautiful Fan Lake. Camp Reed is a place that allows a “kid to be a kid,” experiencing life in the beautiful outdoors, with the opportunity to learn from our excellent staff and rich program activities. Our staff strives to make sure that each child feels special and comes away with the values and experiences that they may treasure for a lifetime. Each year we ask families of our campers to evaluate our program so that we can improve. The Inlander Magazine Readers’ Poll has voted Camp Reed the “Best Camp for Kids” in our area for ten years running.

AMERICAN CAMP ASSOCIATION

ACA Accreditation means that Camp Reed undergoes a thorough (up to 300 standards) review of its operation — from staff qualifications and training to emergency management. American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to ensure that current practices reflect the most up-to-date, research-based standards in camp operation. Camp Reed and ACA form a partnership that promotes growth and fun in an environment committed to safety. ACA helps Camp Reed provide:

- Healthy, developmentally appropriate activities and learning experiences
- Discovery through experiential education
- Caring, competent role models
- Service to the community and the environment
- Opportunities for leadership and personal growth



CAMPERSHIP PROGRAM

For those of you who know what a difference YMCA Camp Reed can make in the life of a child, please consider sharing the dream...Help send a child to camp!

Camp Reed makes camperships available to children from deserving low-income families to enable them to benefit from spending a week at Camp Reed. Camperships reach children whose parents could otherwise not afford to send their child to camp. Last year, over 335 children were able to participate through funds provided by this program! Camp Reed is a non-profit organization, and your donation is tax deductible.

Make a difference in the life of a child! For more information, visit ymcainw.org or send your check to:

YMCA Camp Reed
1126 N. Monroe
Spokane, WA 99201

CAMP REED ADMINISTRATIVE OFFICE

1126 N Monroe | Spokane, WA 99201 | Hours: 8:30am – 4:30pm, Monday – Friday
Phone: 509 720 5630 | Fax: 509 343 4096

Kathy “Veggie” Beck – Office Administrator

KBeck@ymcainw.org | 509-720-5630

To apply for camperships, financial assistance, register for Camp Goodtimes, donations, refunds, and other administrative questions please contact Veggie.

Carly “Calypso” Garras – Senior Director

CGarras@ymcainw.org | 509-720-5631

For questions about summer program operations, Camp Goodtimes, Traditional Camp, Mini Camp, CITs, Camp Reed Endowment, outdoor education, community partnerships, fundraising and facility rental opportunities, contact Calypso.

Abby “Calico” Chet – Program Director

achet@ymcainw.org | 509-720-5633


For questions about summer staff hiring and JC program and scheduling, contact Calico.

Rita “Costa” Ritter – Summer Director | RRitter@ymcainw.org

For questions related to camper needs/allergies, dietary restrictions and other health and wellness related questions, contact Costa.

CAMP REED WEBSITE – ymcainw.org/camp-reed

Our website is open 24/7. If you need to register, need forms, directions to camp or answers to frequently asked questions...try our website first!

EMERGENCY NOTIFICATION: In the event of an emergency or power outage, we keep families updated utilizing our Facebook page: facebook.com/ymcacampreed 

CAMP REED ON-SITE OFFICE – Seasonal

If you must speak to a Camp Director while your child is at camp, you may call the on-site office. Due to our program schedule, this office will have more variable hours but will have an answering machine that will be checked at least three times daily.

Phone: 509 276 5262 • Costa (Rita Ritter), Calypso (Carly Garras), or Calico (Abby Woodward)

RETREATS & ROPES CHALLENGE COURSE

CAMP REED OFFERS RENTALS TO ALL GROUPS, SCHOOLS, CHURCHES AND ORGANIZATIONS, AND NOW CORPORATE GROUPS:

- Year-round lake view retreat
- 2 lodge bunk rooms (each sleep 20)
- 24 modern cabins (each sleeps 10 – 12)
- Full meal service available (not required)
- Multipurpose lodge
- Hiking trails
- Archery
- Meeting areas
- Commercial kitchen
- Climbing tower

HIGHLY RECOMMENDED CHALLENGE COURSE!

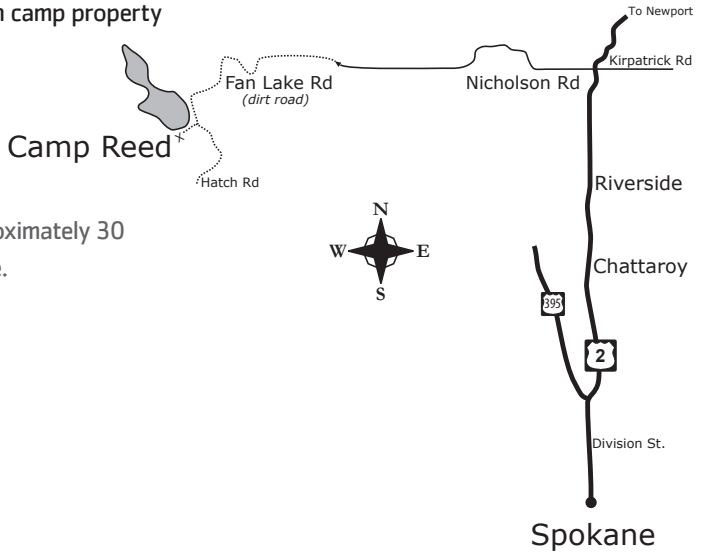
- Improve team communication and motivation
- Create a cohesive and productive team climate
- Build player satisfaction and team trust

NOW BOOKING 2026 & 2027 DATES!

Contact Nicki “Doodle” Watt at 509 276 5307
or nwatt@ymcainw.org

DIRECTIONS TO CAMP REED

- From Spokane travel north to the Division Y and veer right onto Newport Highway (US 2) towards Riverside
- Drive through Riverside
- After entering Pend Oreille County (big sign), watch for Nicholson Road. Turn left at Nicholson Road
- Stay left onto Fan Lake Road as it turns to dirt and winds down to Fan Lake (approx. 1.2 miles). Be cautious of two-way traffic on the narrow, hairpin curves
- The Camp Reed entrance is on the right just after you pass the lake
- Come into Camp and park in the Lodge parking lot
- If you need any mobility assistance please let us know
- No pets are allowed on camp property



Why Camp Reed Will Never Be Club Med

When you send your camper to YMCA Camp Reed this summer they will not find down comforters, carpet, room service, hot tubs or gourmet meals – but they will find an experience that is designed to include adventure, exploration, imagination and challenges! In a recent article in the American Camp Association magazine Camping, Christopher Thurber, PhD, ABPP addresses the idea that the camp experience is not about making it easy and “like home,” rather it is about the opportunity to grow and build character – all while having fun!

One of our mottos at Camp Reed is that we strive to grow and go beyond our perceived limitations. This philosophy encourages our campers to try something new, overcome separation from family which builds self-reliance, work with cabin mates to learn unselfishness, kindness and awareness of others. The camping experience may be challenging for your child this summer in one aspect or another – we are sharing some feedback from parents:

HOW HAS CAMP REED IMPACTED YOUR CHILD?

- “Building on sense of independence is very important and this camp helped my kids grow in their confidence in making decisions which directly impacts their level of independence.”
- “My daughter struggles to be independent but she looked forward to a week away at camp. We were happily surprised and pleased. When we picked her up she shared all of her experiences with pride and enthusiasm. This was the growth for her that we had hoped for. She can’t wait for camp next summer!”
- “Our child is a smart and quiet kid that we have had a hard time getting to engage in liking anything but his books and games. After I picked him up from camp, he not only stated he wanted to go again, but wanted to be a counselor one day when he was older. This is huge! Clearly he was impacted by something while at camp.”
- “Our daughter has attended camp for the past 12 years in a row. It has become part of her DNA—how she lives life! Camp is the one place that allows my child to be truly herself. Girls particularly have intense pressure to look a certain way, sacrifice to fit in as well as succeed. These are tough times to be a girl! Insisting that children get dirty, shed their worldly selves, have fun, be kind and get along is critical in his/her development. Often, when times are tough, we refer back to her experiences at camp as a way to shed light on what matters most. My daughter is able to feel joy, friendship and see God all around her at Camp Reed. Thank you!”



PRE-CAMP

REGISTRATION & FINAL PAYMENT

Registration to camp is initiated through payment of a non-refundable deposit that secures your child's spot at camp. Final payment must be received by June 1, 2026. If a payment plan has not been arranged with the Camp Reed Office, registration may be suspended and your camper placed on a waiting list for their chosen session if there is a balance owing after that date. You may pay by check, Visa, MasterCard or Discover cards. If paying by check, please include camper's name on check and designate what portion is for store money.

• Change in plans

We understand that circumstances can change and so we have established policies for transfers, cancellations and refunds.

• Transfers

Transfers from one week to another may be made at no charge and are based upon availability.

• Cancellations

If we are given notice more than one week (7 full calendar days) prior to session start, we may refund your fee, **less the non-refundable deposit**. If a camper must leave camp during the session due to medical reasons/illness reimbursement may be available (fee, less deposit & pro-rated daily rate).

• Refunds will not be made for the following:

- Cancellations less than one (1) week prior to session start
- No shows
- If parent/guardian chooses to pick camper up for any reason other than illness
- Campers who violate camp policies and are sent home (camper pick up and transportation is the parent/guardian's responsibility)

HEALTH HISTORY FORM

List all allergies and important information we should know. See page 11, Health & Wellness.

HORSE UNIT & TRAIL RIDES – TRADITIONAL CAMP ONLY

Limited Availability – Sign up early! Additional payment for Horse Unit or Trail Ride must accompany Traditional Camp registration. **CLOTHING:** closed toe shoes or boots and long pants.

HORSE UNIT | Weeks 3 & 4: Ages 11+
3 classes / Intro level / Includes trail rides.
Fee: \$200.00 (21 spots available per week)

TRAIL RIDES | Weeks 3 & 4: Ages 10+
Approx. 1 hour ride on camp property.
Fee: \$70.00

CAMP REED STORE



PRE-CAMP

The camp store is open after dinner most evenings for campers to purchase healthy snacks, sport drinks, pop, candy and ice cream with a daily limit. During free times the store is open to purchase authentic and awesome Camp Reed t-shirts (\$20), sweatshirts (\$40), white t-shirts for tie-dye, leather and craft materials, water bottles, sunglasses, stuffed animals and other signature items that range from \$5 - \$15. Store money will not be accepted at Camp Reed and must be deposited into your campers account prior to the start of their scheduled session. We recommend a store deposit of \$25 - \$75 for traditional campers or \$15 - \$30 for mini campers, depending on your child's choice of purchases. PLEASE NOTE: The store is open on Saturdays after Parents Program to spend any funds left on account. We DO NOT sell candy, pop or ice cream on Saturdays. **Unless written request is received, money not spent by camper is automatically donated to the Camper Program/Equipment Fund.**

HOW PARENTS/GUARDIANS CAN HELP PREPARE FOR CAMP

- Don't project your apprehensions/concerns onto your child - keep it light.
- Help your child focus on how much fun they will have at camp.
- Let your child know that he/she will be busy and happy and that you are looking forward to sharing both of your experiences at the end of camp.
- Don't offer to pick up your child if they are homesick - this often becomes a self-fulfilling prophecy and hampers their experience.
- At drop off tell them you believe they are ready and that you will see them at pickup!
- Attend the New Camper Orientation with your child (see page 10).

The good news is that it is a wonderful developmental step for your child to attend camp and almost all homesick children will overcome it and be just fine. In the unfortunate event that a camper shows severe anxiety, rest assured that we will place a phone call to ask you how you would like us to proceed. **Camper to Staff Ratios are 1 to 4 for Mini Campers, 1 to 5 for Traditional Campers and 1 to 6 for CIT Campers.**

READINESS FOR CAMP - TIPS FOR PARENTS & CAMPERS

Make sure your camper knows they are responsible for good self-care:

- Brushing teeth, washing, changing clothes & daily hygiene.
- Bug spray & sunscreen are camper's responsibility; practice applying at home.

Pack with your camper so they know what they brought and where it is:

- Clothes don't stay clean for long at camp. Realize that at Camp Reed part of the fun is not worrying about how you look. Rolling on the ground for fun is not uncommon!

Talk with them about making good choices:

- There are lots of options at camp. Talk about how to make good decisions.
- Encourage your camper to ask for help (JC, counselor or directors) if they have a problem. We can't help them out if we don't know about the concern.

MISSING HOME

Some children experience the feeling of missing home, whether it is their first or fifteenth time away from home. To better prepare your child, have them spend a couple nights away from home before they come to camp. Most of the time campers are so busy that they do not have time to think about missing home. However, some children may experience symptoms of missing home including: feeling sad at bed-time, feelings of loneliness and lack of interest in activities.

PRE-CAMP cont'd

NEW CAMPER OPEN HOUSE

Sunday, June 7, 2026 • 11am-12pm at YMCA Camp Reed

Take advantage of this opportunity to familiarize your camper with Camp Reed. We encourage new campers and their parents/guardians to visit camp prior to the beginning of the summer season. This is scheduled at camp on Sunday, June 7. Tours will begin at 11am and will last for about 45 minutes. This is the ideal introduction for your camper to visit camp, see the sights, ask questions and meet some of the summer staff.

LETTER TO MY COUNSELOR / LETTER TO MY CHILD'S COUNSELOR

Upon registration, you will be added to our online software CampDocs to fill out all electronic forms (more info on page 11). Please fill out these forms in addition to the Health History Form – these give your camper and you as a parent or guardian the chance to share background as well as personal information with their summer counselor. Medical or other information that you would like counselors to know should also be included. Please take advantage of this opportunity!

VISITS TO CAMP DURING THE WEEK ARE NOT PERMITTED

During the summer season, parents are not allowed to visit their campers. Experience has shown us that these visits tend to be disruptive to the camper as well as the staff who have to take time away from their program duties. It may also enact feelings of homesickness not just for your camper but others too. If an emergency arises, a visit must be arranged and approved in advance through the directors, Calypso, Costa and Calico. Please rest assured that if a situation comes to our attention during the week that requires your input, we will contact you and keep you updated.

CAMP REED MAIL POLICY

YMCA Camp Reed does NOT accept packages at drop off and any mailed packages will be returned at pick up. Letters to campers are still happily accepted and encouraged! To send a letter to your camper, please address as followed and include your campers name & session number:

YMCA Camp Reed
c/o Camper Name & Week Number
1152 Fan Lake Rd.
Deer Park, WA 99006

Care packages are a source of joy when a camper receives one, and a source of great disappointment when they do not. A sense of competition often develops over who received the biggest and best package. At YMCA Camp Reed, we strongly advocate for an environment of equality and inclusion with every camper on equal footing and have found that care packages disrupt the delicate equilibrium at camp. Despite a clearly communicated nut-free policy at camp, care packages also frequently contain nut products or items that are at risk for cross-contamination. The ongoing risk to our vulnerable campers is a constant concern, and our staff spends a significant amount of time screening care package contents for allergen-containing items.

Thank you for your understanding and cooperation!

HEALTH & WELLNESS

The health and safety of your child is our primary concern, therefore please be accurate and complete in providing information that will allow us to better serve you and your child.

HEALTH HISTORY FORM – DUE JUNE 14, 2026

YMCA Camp Reed uses CampDoc for electronic Health History Forms. Once your child is registered for a Camp Reed program, you will receive an email inviting you to create and login to your CampDoc account to fill out all Camp Reed forms and waivers. NOTE: This information will be sent to the email address linked to your YMCA Account. If you do not know which email you have on file, please email campreed@ymcainw.org.

List all allergies and important information that we should know. Medical information that you would like counselors to know should ALSO be included in the "Letter to Counselor" form. We DO NOT require campers to have a physical/medical exam as part of their health history.

PRESCRIPTION MEDICATIONS – If your camper takes medication:

- Do not withhold sending prescription medications if camper takes them at home.
- At check-in, deliver any prescription medications to camp nurse and fill out a medication instruction card detailing dosage and frequency.
- Send in original prescription bottle and only enough for the length of camp.
- Our on-site camp nurse dispenses all prescription medications. No medications of any type are allowed with participant or in the cabins.
- Do not give medications to participant - any medications found in participant's possession will be confiscated by Camp Reed staff.
- Last dispensing of medications is Friday night. Saturday morning medications are not given. Medications are packed in bags Saturday morning.

NON-PRESCRIPTION MEDICATIONS

If authorized by you on the Health History form, camp nurses/staff may dispense non-prescription medications in case of illness or injury. No medications or supplements of any type are allowed with camper or in the cabins.

ALLERGIES & FOOD SERVICE

When you fill out participant's Health History form, please describe in detail any allergies to medications, food, environmental, etc., including description of severity, typical reaction, preferred response and whether allergy is from airborne / ingested / or through contact. For severe allergies and special needs please see further information on the next page. **Food Allergies:** Each day of camp, our staff prepares close to 1000 food servings. Through information provided to us we attempt to identify and reduce the use of ingredients that may cause allergic reactions for those with food allergies, however, there is always a risk of contamination. Despite care on our part, there is the possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Families of campers concerned with food allergies need to be aware of this risk. Camp Reed does not assume any liability for adverse reactions to foods, or items a camper may encounter during their stay at Camp Reed. Please contact the camp office with specific questions or concerns.

BEDWETTING

You may send pull-ups that can be checked-in with our nurse. For privacy, your camper can visit the infirmary before bed and in the morning.

HEALTH & WELLNESS cont'd

ILLNESS OR INJURY WHILE YOUR CHILD IS AT CAMP

Camp Reed has a camp nurse who resides on-site. In the event of minor injury or illness, parents will be notified only if the camper spends more than 12 hours in the infirmary. Should any serious accident or injury occur at camp, the parent or guardian on the Health History form will be notified as soon as possible.

SPECIAL NEEDS

If your camper/participant has special health needs (including but not limited to: diabetes, cardiac illness, severe asthma, seizures, serious behavioral issues, or severe allergies), you must contact the camp director for advance clearance. On a case by case basis, we consult with parent/guardian and our camp nurse to determine if accommodation and appropriate care is available. If we are unable to accommodate a special need, we do our best to provide information as to other camps that may be better suited for the particular situation.

CAMP GOODTIMES

The YMCA of the Inland Northwest is once again proud to offer Camp Goodtimes at Camp Reed, June 29-July 3, 2026. This is a FREE camp for children ages 7-17 who are currently diagnosed with or who have had cancer.

Join us for Family Day on July 3rd.
For more information visit ymcainw.org, email campgoodtimes@ymcainw.org, or call the Camp Reed office at 509 720 5630.



LOST & FOUND

It is very important that you label all items with your child's name and that your child is aware that they are responsible for everything they bring to camp. At pick-up time all lost items from that week are placed on tarps at the soccer field for viewing and reclaiming. After that the items are held at Camp Reed for two weeks. If you believe your camper is missing an item or clothing, please call the on-site office at 509 276 5262 and we will look through the lost and found from that week. If we find your item we will make arrangements to have it transported to the Camp Reed corporate office where you may pick it up. After two weeks, all salvageable items are donated to local charity.

CHECK-IN
Sunday at 4pm

- Traditional Camp
- CIT Work Week
- + Bike Trip



WHY CAMP IS GOOD FOR CHILDREN

“Camp Reed provides an environment for kids to be safely independent and stretch outside of their comfort zone, with a great staff there to guide them through the process.” – Camper Parent

Recent national studies confirm what most of us already know...being outside and interacting with nature is very good for the physical, mental and emotional health of our children. With obesity rates rising and schedules fuller than ever, it is estimated that kids spend only 30 minutes per week in unstructured outdoor play (1.5% of their free time). In contrast, it is estimated that kids spend up to 6 hours per day in front of some type of screen. It's no wonder that children love camp so much. Canoeing across a lake, watching the clouds, building a sweet fort in the woods – it all adds up to healthy fun.

- 1** Get “away” from it all – Camp allows a child to disconnect from TV, cell phones, screens, and to connect with nature, others, and their true selves. Being outdoors at camp is a great way for a child to relax and recharge their bodies and minds.
- 2** Get moving! – Being at camp and going outdoors inspires children to move. In the city hard and unnatural surfaces are all around us to such an extent that many children have literally lost touch with the natural environment. At camp, there are countless opportunities to hike, swim, climb and explore natural terrains. Studies confirm that being active is good for our children's physical as well as mental health!
- 3** Try something new – Going to camp not only gets a child out of a routine schedule, but allows them the opportunity to go beyond their perceived limitations by trying something new. At camp each day there is a unique opportunity to try something different, to develop new skills, and test themselves.
- 4** Get in better touch with nature – There is so much to be experienced out in nature! Children love to listen to birds, smell the trees, feel the wind and the heat of the sun. It's a great break for children to be away from traffic, city noise and pollution.
- 5** Becoming independent – At camp children take on the responsibility of caring for themselves as well as their belongings. Parents can prepare their children by having them practice good hygiene at home including changing clothes, applying sunscreen, etc. It is helpful if parents pack with their camper so they know what they brought and where it is when they need it!
- 6** Making good choices – One of the most important developmental opportunities at camp is for a child to have the ability to make choices. Through choosing activities, solving problems, making decisions, and establishing relationships, children at camp practice and develop critical social skills.
- 7** Meeting new friends – When a child arrives at camp they enter a whole new environment – not just physically, but relationally too. They will meet and get to know their counselor, junior counselor and other staff who will be leading their activities. The importance of friendly positive role models in a child's life is one of the best parts of the camp experience. Campers also participate in new adventures with their cabin mates. While climbing a mountain or sailing on the lake they will make connections (and memories) with peers that may have never been possible back home.

TRADITIONAL CAMP DATES & CHECK-IN PROCEDURES

TRADITIONAL CAMP – Campers entering grades 3–9 in Fall 2026

Wk 1: 6/21 – 6/27

Wk 3: 7/12 – 7/18

Wk 5: 7/26 – 8/1

Wk 7: 8/9 – 8/15

Wk 2: 7/5–7/11

Wk 4: 7/19 – 7/25

Wk 6: 8/2 – 8/8

CHECK-IN TIME: 4pm SUNDAY

Check-in allows you to meet camp staff, register ALL medications with the camp nurse and provide any additional information (in writing) that you would like us to know. Check-in may take 30–45 minutes. Please do not arrive earlier than 4pm as camp is CLOSED.

- If your child will be checking in late, please call the on-site office at 509 276 5262 a few days before the session starts with your estimated time of arrival.
- If your camper will have an early pick-up, or if someone other than a legal guardian will be picking up your camper, please let the directors know at check-in. If there are changes during the week, call the on-site office.
- **No pets!** Although you may really like your pooch, not everyone is comfortable around animals. Also, it's a really bad idea to leave your pets in your car!
- Be on time! Do not come early or late as camp is CLOSED!
- No vehicles are allowed in main camp.

Check-In Procedure:

Camp opens at 4pm. It will not open any earlier as our administrative staff and camp staff are making final preparations to optimize your camper's experience and ensure a smooth check-in.

STEP 1: PICK UP YOUR CAMPER'S NAME STICKER AT KIOSK TABLE

- Sticker will have your camper's name, counselor name, cabin name, store money information and health history information.
- If there is an issue with any of the above listed items please seek out the appropriate line when camp opens.

STEP 2: SIGN IN YOUR CAMPER WITH THEIR COUNSELOR

- Counselor name is on your camper's name sticker. Counselors with their names on posted signs can be found arranged alphabetically around the waterfront. Sign in your camper with their counselor. If you do not have any unfinished business you can depart camp once you have signed in your camper.
- Pick-up Information: If you are picking up a camper earlier or someone other than yourself is going to be picking up your camper please see Costa. Please inform your camper's counselor of this information and that you have spoken with Costa.

STEP 3: TAKE CARE OF ANY OTHER BUSINESS

- Nurse table: The nurses will be located on the soccer field and will be available to check in meds, update/turn in health history forms, or answer any questions you may have.
- "How Can We Help You?" table: For ANY questions you may have! You may also drop off any paperwork or mail you would like us to deliver during the week.

WHAT HAPPENS NEXT?

- The counselor or junior counselor will escort campers and their parents to the cabin, where campers will have a choice to choose bunks (first come, first serve).
- We ask parents to not linger long because it impedes the relationship and bonding between campers and counselors. It may also become uneasy and awkward for other campers, especially first time campers, and for counselors. See you at pick-up!

TRADITIONAL CAMP PICK-UP

PICK-UP: 10:30am SATURDAY

Our last flagpole gathering of the week begins at the camp waterfront, followed by our closing program. Each parent/guardian must sign out their camper with their counselor. Campers who are not picked up on time will be charged a separate fee to cover the cost of their supervision (as their counselor will need to stay late). If your camper will have a late arrival or early pick-up, or if someone other than a legal guardian will be picking up your camper, please let Costa know in writing at check-in! If there are changes during the week call the on-site office to speak with a camp director.



TRADITIONAL CAMP DETAILS

CAMP ACTIVITIES

A camper's time at camp is divided between unit time, cabin activities, free-choice time and all-camp events. Each day we have flagpole gatherings, chapel, waterfront activities, cabin clean up, work areas and siesta after lunch. Day and night hikes are extremely popular.

ACTIVITY LEVEL OF CAMP

Camp Reed is a very active camp: LOTS of walking, hiking, swimming and activity. For some campers this is an adjustment to their town activity level. If your camper's activity level is more sedentary, it is a good idea to take lots of walks, hikes, etc. to get ready to be active at camp. Sending good shoes to camp is essential. If you are in need of assistance for clothing or shoes for camp, call the camp office for a confidential consultation.

CABIN ASSIGNMENTS

Campers are sorted first by gender, then age/grade, then by cabin buddy requests. Each camper may designate ONE "buddy" at time of registration (both must choose each other as their ONE choice). If ALL these conditions are met, we do our best to honor buddy requests. If at check in you find that your child is not in the cabin with their designated buddy – please let the directors know. If it is possible, we try to make things work out. Buddies need to be within one year of age.

During our cabin assignment process we are not able to accommodate chains or large group requests. Groups and cabin buddies can interfere with opportunities to make new friends, which is part of our mission at camp. If your child is not placed with all of their friends, they will have plenty of opportunities to spend time with their friends during unit, free time or all camp activities. Some families (and campers) come WITHOUT a buddy for the sole purpose of meeting new friends.

Sometimes we get requests for campers NOT to be with other campers. Although you may want your child to get away from the group they regularly spend time with, campers will be placed in a cabin with other campers their same age/grade. This may include some of their classmates, depending on the number of campers we have registered in their age/grade that week. Every week we have varying numbers of each grade, so this is NOT something we can predict or control. There will be times when we have several twelve year old cabins, and the next week only one.

SWIM TESTS

Camp Reed is located on the incredibly beautiful Fan Lake. At the beginning of the week all campers, by cabin, will take a swim test in our docks to determine ability: beginner, intermediate and advanced. If a camper chooses not to take the swim test they can still enjoy swimming and water activities while wearing a life jacket and will be given beginner level status. Campers may re-test. All boating activities require life jackets.

FREE-CHOICE ACTIVITIES

Free-choice activities include arts & crafts, archery, trail rides (for traditional camp weeks 4 & 5 at an additional fee of \$65), climbing, sports, waterfront and wilderness activities. We also offer plenty of new and unique activities each day such as turtle hunts, random parades, stream hikes, boat races and a "Shark Swim" across the lake. This is a great time for campers to be with friends in different cabins.

TRADITIONAL CAMP DETAILS

UNITS

On Monday morning, with the help of their counselor, campers will designate their top 3 choices of units, which are assigned based on availability and older campers are given preference. Units meet three times during the week for about 2 hours per session. Most unit activities are also available during free-choice time. Activities are for all ages unless noted otherwise.

Archery 11+ Climbing Wall 11+ Waterfront Challenge (Ropes Course) 12+
Mountain Biking 11+ Adventure 8-9 Drama/Dance Fishing 10+
Sports Arts & Crafts Wilderness STEM
Horse Unit: \$200 in addition to camp fees for Traditional Camp Weeks 3 & 4 ONLY.

OVERNIGHT

Once a week, weather permitting, each cabin joins with another for a sleep-out. This often includes a long hike (1 – 7 miles) and a night out under the stars. Younger cabins stay closer to camp, while older campers explore further away from camp. Backpacks or bags to carry sleeping bags and water bottles are helpful.

NIGHTTIMES

We have three campfires with songs and crazy staff skits with a special “Sticks Campfire” on the last evening. One night is reserved for a carnival and a camp dance. These events conclude around 9:30pm, and lights are out between 10:30pm and 11:30pm. Wake up bell is at 8:30am.

CAMP POLICIES & PARTICIPANT EXPECTATIONS

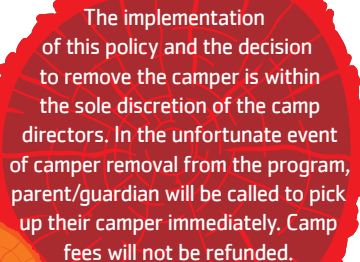
The YMCA Camp Reed program expects the following from its participants:

- Take responsibility for your actions
- Express a healthy life style
- Follow the direction of counselors and other leaders
- Show respect for yourself, others and all property
- Refrain from exclusive relationships
- Listen with your heart; speak and act honestly
- Consider each person’s spirituality
- Follow all camp rules

Disruptive Campers/Discipline Policy

Camp Reed is disappointed when campers choose not to follow rules, directions or make poor or unsafe choices. In most cases, the following policy steps will be implemented:

1. Meeting with counselor
2. Meeting with directors
3. Phone call home
4. Removal from program



The implementation of this policy and the decision to remove the camper is within the sole discretion of the camp directors. In the unfortunate event of camper removal from the program, parent/guardian will be called to pick up their camper immediately. Camp fees will not be refunded.

TRADITIONAL CAMP

WHAT TO PACK

Label everything! We spend six nights at camp, one of them outdoors, weather permitting. Pack for a week of rain or a week of hot sun. Chances are we will have a little of both. We drip-dry our clothes when wet, and wash them only in emergencies. Please also be prepared for mosquitoes and sometimes yellow jacket wasps.

Modest dress is expected at Camp Reed. **DO NOT** pack/wear: low hanging or sagging pants, "short" shorts, halter tops, low cut/see through/strapless shirts. Underwear/bra straps should not show. Swimsuits should be modest and cover-ups should be worn to and from the waterfront. Clothing may not advocate immoral conduct, disrespect of others or depiction of weapons, tobacco, alcohol or drugs. Participants not meeting standards will be 1) spoken to by cabin counselor 2) spoken to by directors. Directors have the final say with regard to the appropriateness of any clothing worn at camp.

CLOTHING:

- 3 pairs of pants
- 2 sweatshirts
- 6-7 t-shirts
- 1 jacket
- 1 hat
- 3-4 pairs of shorts
- 1-2 swimsuits
- 2 pairs of shoes: 1 pair must be good for walking/hiking
- 1 pair of sandals/flip flops
- 2-3 long sleeve shirts
- Underwear & extra socks

TOILETRIES:

- Soap in a plastic container
- Shampoo
- Insect repellent (lots)
- Sunscreen & lip balm w/SPF
- Comb/brush
- Towels
- Toothbrush & toothpaste

OPTIONAL:

- Flashlight / paper & pen
- 1 dirty clothes bag
- Day pack large enough to hold sleeping bag for overnight hike
- Water bottle/canteen
- Stamps, envelopes, postcards
- Books/reading material

BEDDING:

- Small pillow and pillow case
- Sleeping bag and/or blankets
- Large plastic bag for overnight (optional)
- Old twin bottom sheet (optional)

OK TO BRING:

- Camera & film (photos only allowed outside – NO photos in cabins!)
- Musical instrument
- Fishing gear
- White t-shirt for tie-dying

WHAT NOT TO PACK:

- CELL PHONES NOT ALLOWED
- Money
- Make-up/hair dryers/curling irons
- Magazines
- iPads/Tablets
- Electronic gear/games
- Matches/lighters
- Tobacco/alcohol/drugs*
- Weapons of any kind*
- Limit candy/food (mice!)
- Any personal sports equipment
- Any valuables

*Campers found in possession of tobacco, alcohol, drugs, or weapons will result in their immediate removal from the program.



While packing, please keep in mind that Camp Reed is not responsible for any lost or stolen items.

MINI CAMP PROGRAM & DATES

MINI CAMP PROGRAM – Campers entering grades 1 & 2 in Fall 2026

Wk 1A: 6/21 – 6/23

Wk 3A: 7/12 – 7/14

Wk 6A: 7/26 – 7/28

Wk 1B: 6/25 – 6/27

Wk 3B: 7/16 – 7/18

Wk 6B: 7/30 – 8/1

Mini camp is designed for the younger group that is ready to come out to camp, but not (just yet) for the whole week. Activities are fast paced and full of adventure and fun. Your camper will most likely go on a treasure hunt, design and create cool art, tie dye a shirt and have a chance to “sample” many of the “big” camp activities. They may (weather permitting) even go on a turtle hunt to the “mushy pancake.” Most mini camp activities take place in a group under the watchful eye of special mini camp counselors & junior counselors.

CHECK-IN & PICK-UP TIMES: Meet at the Lodge

A sessions

Check-in: Sundays at 4pm

Pick-up at Lodge: Tuesdays at 5pm

B sessions

Check-in: Thursdays at 10am

Pick-up at Lodge: Saturdays at 10:15am

WHAT TO PACK

CLOTHING:

- 2 pairs of pants
- 1 pair of sweatpants
- 1 hooded sweatshirt
- 2-3 t-shirts
- 1 pair of pajamas
- 1 jacket
- 1 hat
- 1-2 pairs of shorts
- 1-2 swimsuits
- 1 pair of good walking shoes/tennis shoes
- 1 pair of sandals/flip flops
- 1 long sleeve shirt
- White t-shirt for tie-dying
- Underwear & extra socks

TOILETRIES:

- Soap in a plastic container
- Shampoo
- Insect repellent (lots!)
- Sunscreen & lip balm w/SPF
- Comb/brush
- Towels
- Toothbrush & toothpaste

BEDDING:

- Small pillow and pillow case
- Sleeping bag and/or blankets
- Old twin bottom sheet (optional)

MISCELLANEOUS:

- Flashlight
- Day pack (for short hikes)
- Water bottle



COUNSELOR IN TRAINING

CIT PROGRAM – Boys & Girls entering grade 10 in Fall 2026

Group 1	Work Wk: 7/5 – 7/10	Bike Wk: 7/12 – 7/18
Group 2	Work Wk: 7/19 – 7/24	Bike Wk: 7/26 – 8/1
Group 3	Work Wk: 8/2 – 8/7	Bike Wk: 8/9 – 8/15

CHECK IN & PICK UP

All Work/Bike Week Check In: Sundays at 4pm

All Work Week Check Out: Fridays at 5pm

A LITTLE BIT ABOUT THE CIT PROGRAM...

The Camp Reed Counselor in Training (CIT) two-week program is designed for 15 & 16 year olds that will be entering their sophomore year of high school in Fall 2025. This very popular two week program consists of a work week and a bike week. It is designed to provide a comprehensive youth experience where each individual is encouraged to reach his/her full potential. The philosophy behind the Camp Reed CIT program is founded in an outdoor experience where the participant is challenged physically, mentally, socially and spiritually. It is fun, challenging and life changing!

CIT Leaders are experienced and mature Camp Reed staff who utilize group dynamics to encourage each participant to learn more about themselves and others in the group. They have the opportunity to work as a team as well as to practice leadership and group dynamic skills. This philosophy is the key to maintaining focus throughout the program's entirety. In order for the CIT program to accomplish its objective, each participant will be held to a high level of commitment and maturity. The CIT program is a transition for participants from camper to young adult. Expectations are higher in areas of personal responsibility, maturity and accountability. CIT Leaders will therefore treat CITs more like young adults than campers. The CIT program expectations facilitate the transition from camper to Junior Counselor.

Week 1: Work Week

The first week of our CIT program is work week where they stay on location at Camp Reed and focus on building relationships while serving through long and sometimes complicated work projects. This portion of the program is designed to develop teamwork in aspiring future leaders. This part of the CIT program can be considered a complete group experience encompassing such areas as personal responsibility, group dynamics and leadership skills. Work projects vary from summer to summer.

Week 2: Bike Week

The second week of our CIT program is our 200 mile bike trip to Lake Coeur d'Alene, Hayden Lake (and then some). During this portion of the program, participants will be biking on open highways and potentially dangerous roadways.

COUNSELOR IN TRAINING

SAFETY

Extreme care and maturity is required for all participants. With safety as a priority, we then let the “good times roll.” Monday night we stay at Camp Zephyr at Liberty Lake; Tuesday, Camp Lutherhaven on Lake Coeur d’Alene; Wednesday at Camp Mivoden on Hayden Lake and Thursday at Farragut State Park on Lake Pend Oreille -- before being welcomed back to Camp Reed on Friday afternoon. Route is subject to change.

For the bike week most CITs ride a mountain bike or a hybrid. A mountain bike can be ridden on rough road or asphalt. A hybrid bike is designed primarily for road use, but is capable of handling some gravel and dirt roads. A road bike is okay, but not recommended. The group always stays together and can only move as fast as the slowest rider. CITs spend long days on their bike, so consider a comfortable seat and have your bike tuned up and fitted at your favorite bike shop. We highly suggest having at least two mounts for water bottles installed on the bike that will be used for the trip.

HOW DID THE CIT PROGRAM IMPACT YOUR CHILD?

- “I think that the CIT bike program really is a tangible way to show teens what they are capable of, to believe in themselves and work in a group toward a common goal. That is so much the essence of life as we become adults. I feel it is an invaluable lesson taught in a creative fun way at their age level. Thank you!”
- “As a CIT this summer, he wasn’t sure he was going to be able to complete either week. I think he imagined he would fail at CIT camp! He’s not very athletic and had a bad bike accident a couple of summers ago that colored his attitude, which made him afraid to ride. However, he was able to succeed during both weeks, and I got back a teen who had a lot more confidence in himself and has now embraced biking around Spokane without me begging him. I’m very happy to see him develop this way!”
- “As a CIT, my son learned the value of hard work and helping others. The influence of the very exceptional role models will have a strong, positive influence on him for the rest of his life. I love that your counselors are outstanding young people chosen for their leadership qualities.”



JUNIOR COUNSELOR PROGRAM

JUNIOR COUNSELOR (JC) PROGRAM - Boys & Girls entering grades 11 & 12 in Fall 2026

After an application process in February, JCs are assigned one-three weeks of volunteering at Camp Reed during the summer.

All Junior Counselors are required to attend pre-camp training. This training includes Mission Emphasis, JC Role, Child Development, Cabin Management, Work Area Training, Child Abuse Prevention Training, and Program overview. There are two options for this training:

OPTION 1: May 8-9 2026 overnight weekend retreat at Camp Reed. Meet Friday at 6pm to Sunday at noon. Includes JC training PLUS bonding on the Camp Reed Challenge Course. **This option is STRONGLY recommended** to all Junior Counselors; please plan accordingly. Please RSVP IMMEDIATELY AS SPACE IS LIMITED.

OPTION 2: Wednesday May 20, 5-6 pm at the YMCA Corporate Office. Those who are unable to attend the JC weekend retreat are required to attend this training which will cover the trainings listed above.

JC Check in & Assignments: Sundays at 2:30pm in the Lodge

JC Pick-up: Saturdays at 10:45am (after parents program)

For more information, contact Abigail "Calico" Woodward, Camp Reed Program Director, at awoodward@ymcainw.org or 509 720 5633

All communications and questions should be made by the JCs and not the parents.

CAMP REED GROUP RENTAL

ROPES /CHALLENGE COURSE & GROUP RENTALS WILL FULLFILL YOUR BUCKET LIST

Have you ever considered fulfilling your goals while camping? Now is the time to do so, in a friendly and relaxing environment. Camp Reed is available for Rentals **ALL YEAR**, to all groups, organizations, churches and school groups! Don't forget to sign up for the uplifting Ropes & Challenge Course and after that you can relax by dipping your feet into Fan Lake.

CONTACT: Nicki "Doodle" Watt, our on-site Rental Host, for availability and pricing information by email at nwatt@ymcainw.org or call 509 276 5307.

