

Middler Island Camp

Drop Off: Sunday, June 23 at 1 PM

Pick Up: Saturday, June 29 at 9:30 AM

Greetings Island Campers!

This week on Manitou will grant us wonderful traditions, and new adventures. Your deans are so excited to have you join in!!!!

Whether you are returning, brand new to Pilgrim Lodge, or this is your first-time camping on the island, we invite you to this unique Pilgrim Lodge experience. Here on the island, we let go of technology that fill our lives and instead allow our spirits to join the flow of time provided by nature. Campers learn to work together for camp life such as mealtimes, worship, and campfires...and well, all sorts of other ways! During this week, we also can hear the loons calling out, the joy of the campers on 'the mainland' and the laughter we provide each other.

Some activities for the week may include: return of "Manitou Choppers," (a fun competition where teams of campers use what ingredients have been provided and make a meal for dinner), swimming, ice cream, hiking, bird watching, social time and much more. Our hikes will be basic-level hikes in the woods on level, but uneven ground. We'll swim around the island in the lake and we'll practice boating to build up our skills and endurance for a lake "field trip" to explore beyond the island.

When you arrive on Sunday, June 23, the Pilgrim Lodge staff will direct you to where to unload your belongings and how to find us. We'll be waiting for you! You families will also have the opportunity to touch base with the camp Health Care provider if there is anything that you'd like to share with Nurse Doug. He stays on the mainland, but we have contact with him throughout the week in case of any medical needs. If you're bringing any medications, please have them available to hand over to us at that time.

When you arrive on Sunday, June 23, we'll have each camper complete a swim check prior to heading to the island. This will include swimming three lengths in the shallow end of our waterfront between the docks and treading water for two minutes in the deep end. This helps us to get to know each camper's comfort and skill in the water so that we can have the right level of safety for time in the water for each camper.

Each summer, Pilgrim Lodge focuses on an organization to support as our summer Mission Project. This summer, we'll be highlighting [Maine Seacoast Mission](#). We'll have a presentation with a visitor from this program and an option to donate to support their work. There will be an option to set up a store account and offer donations when you check in on Sunday.

As we finish camp, on Friday, we'll take the time needed to pack, clean up and leave PL as we found it. Island campers come back to the mainland on Friday afternoon. We will have activities, including dinner, in the evening back at the mainland to be ready to reconnect with families the next morning. The store will be open when you leave camp in case you'd like to grab any Pilgrim Lodge items before you leave!

Thank you and we are excited to spend this week with you!

Frank, Antonio, and Sara

A general Pilgrim Lodge packing list can be found on page 8 of the [Parent and Camper Guide for Youth Camps](#).

Some items to ensure that you bring for Island Camp include:

Bug spray

Sunscreen

Water bottle

Book for tent time

Layers of clothing - it can get cold at night, warm during the day!

Bathing suit(s)

Towels

Flashlight(s)

Sleeping bag

Sleeping mat if desired

Tent (please let PL know if you need a tent)

Sturdy shoes

Socks

Toothbrush

Toothpaste