

Dear Women's Getaway Participant:



Thank you for joining us for this fantastic weekend. We are looking forward to a great program!

We have received

your registration and look forward to seeing you. We still have a few spaces available if you know anyone who might be interested!

Registration begins at 5:00 pm. and a light buffet supper is served between 6 - 7:30 pm. *(if you will be later 10:30 please call ahead and leave a message at 1-810-359-2267).* You can also give this number to your family for emergencies. *(Note: Some cell phones do not work in camp)* You may arrive early on Friday and just relax or walk the beach until time to register.

Camp Cavell is located on Lake Huron and you will find temperatures vary from warm to cool in the daytime, but cool to cold at night. All of our buildings are heated and we'll have cozy fires and coffee waiting.

Bring your warm clothing for around the campfire. Don't forget rain gear, extra shoes and a flashlight *(Remember to pack it near the top).* Sleeping accommodations are in cabins with twin-size beds with mattresses. You will need to supply your own



bedding or sleeping bags; washcloth, towels, and toiletries.



Other things you may want to bring along to make your stay more comfortable are: an exercise mat, shower shoes, small throw rug, a good book, and a bedside lamp.

We are planning a wonderful weekend!

This year many of our topics will center on a healthier, happier, more creative you! There will be a variety of activities to keep you busy, but you are also welcome to relax and enjoy! Check out our [website](#) for the latest instructors and classes!

We will be holding a **Silent Auction** to benefit Camp Cavell. We are asking everyone to **bring a gift!** It can be new, used, humorous, or just plain useful!

We will also again have a networking table and welcome you to bring business cards, ads and other information you would like to share with others! *Don't forget our Trading Post Specials: Hats, Shirts, Pens and more!*

Please help us spread the word!

Please give us a call if you know of someone or somewhere to send brochures.

We are looking forward to seeing you and we are truly glad that you took this "Time for Yourself"!

Check out our Website:

<http://campcavell.org>

Email: cavell@campcavell.org

Call with questions...

810-359-2267

What to Bring!

Keep in mind... these are suggested items and you should substitute or improvise if you like!

- 1 Suitcase, duffel bag, or footlocker
- 1 * Sleeping bag or blankets
- 1 Set of Sheets, a pillow & extra blanket
- 1 * Warm jacket/sweater (in fall mittens & hat)
- 1 Sweatshirt/suit
- 4 Tops & Shirts
- 3 Jeans/ pants
- 3 Shorts (in season)
- 1 Bathing Suit (in season)
- 2 Pajamas
- 5 Underwear
- 5 Pairs of socks
- 3 * Gym shoes or walking shoes
- 1 Boots / Hat
- 1 Toiletries (i.e. brush, toothbrush, toothpaste, soap)
- 2 * Bath / beach towel & washcloth
- 1 Laundry bag
- 1 * Raincoat/poncho
- 1 * Flashlight & extra batteries

* Essential items

IMPORTANT HINTS:

- **Watershoes** or an old pair of shoes that stay on feet in waves are important (*lots of rocks in water*).
- **Flashlights** are important, there are no yard lights, bring one for each person.
- **Mud Clothes** Mud hikes are famous at camp, your child may decide to go on one when you never thought they would... BRING old shoes that tie on and old clothes!
- **Weather** at camp can range from very hot to cold, be ready for the unexpected.
- **Camp life** is very hard on clothes. Bring a very old set for river and mud hikes.
- **Label** all clothing & equipment; camp is not responsible for lost articles.
- **If your child** is prone to bed wetting, please send easy-to-wash blankets.
- **Kids will get their feet wet**, it's inevitable at camp, bring extras!
- **Electrical outlets** are extremely limited. Avoid disappointment, please leave electrical items at home.
- **We have booster seats**, bring high chairs.
- **Sorry** no pets, fire arms, or illegal drugs.

OPTIONAL ITEMS - if applicable

Fishing pole / musical instruments / Inexpensive camera & film / books / postcards / envelopes / stamps / pen / battery
Lamp for reading / rug for cold floor / exercise mat (important for women's weekends!) / old shoes/flip-flops for shower / sun block / something to sit on at campfire / bandana / alarm clock / lawn chairs / personal music device with headset

Directions to Camp Cavell!

CAMP OFFICE: **Note: Use only GOOGLE MAP!**

YWCA CAMP CAVELL

3335 Lakeshore Road, Lexington, MI 48450

810-359-2267 Fax: 810-359-2430

Email: cavell@campcavell.org

LOCATION:

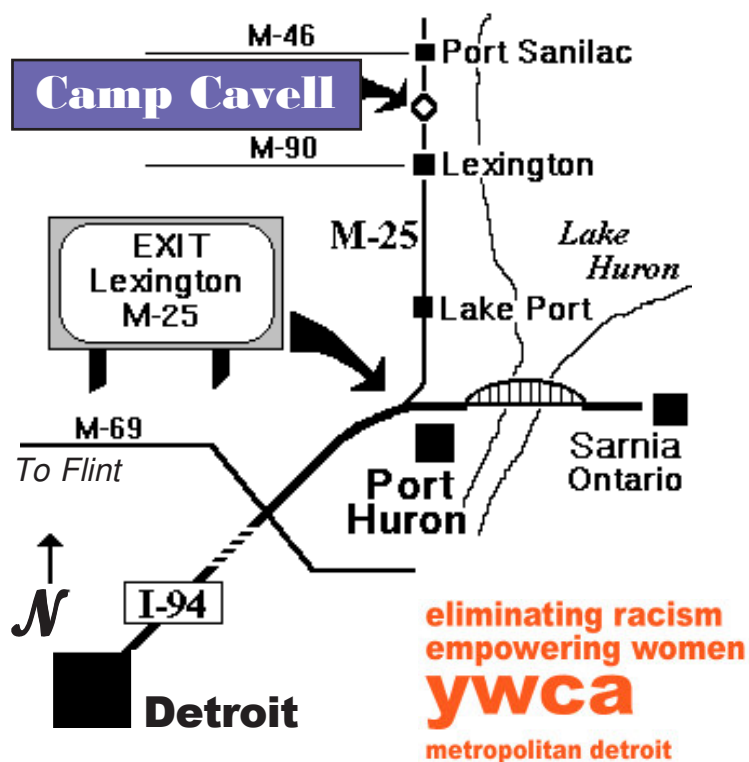
Twenty -five miles north of Port Huron, Michigan on Lake Huron, just past the town of Lexington.

DIRECTIONS:

Take I-94 east toward Port Huron. Take Lexington exit and follow signs to North M-25 (Lakeshore Road). CAMP CAVELL entrance is on the right 4.5 miles north of Lexington on M-25. Drive in gate and check in at the camp office or dining hall.

See more Resources on our...

WEBSITE! <http://campcavell.org>



eliminating racism
empowering women
ywca
metropolitan detroit