



Camp THY Parent Handbook

A practical guide for families • July 23–27, 2026

"Camp Three Holy Youths strives to integrate all aspects of daily life with a Christian foundation, fostering worship, fellowship, and a deepening faith in Jesus Christ."

[Parent Resources](#) • [Packing List](#) • [Camp Schedule](#)

Please review this handbook with your camper before departure.

Welcome to Camp THY

Camp Three Holy Youths is committed to providing a safe, structured, joyful, and spiritually enriching Orthodox Christian environment. Camp life helps young people pray, learn, serve, build healthy relationships, try new activities, and grow in independence while surrounded by attentive counselors, clergy, medical staff, and camp leadership.

Our Mission and Goals

Our mission is to integrate daily life with a Christian foundation. We measure success through active participation in worship, lesson plans, activities, service, friendships, and personal growth in everyday interactions—not simply by attendance.

- Worship: daily prayer and liturgical participation shape the rhythm of camp.
- Fellowship: cabins, meals, activities, and shared responsibilities build lasting relationships.
- Growth: campers practice kindness, responsibility, courage, problem-solving, and service.

Before Camp: Parent Checklist

- ☐ Log in to your family registration account and confirm that parent/guardian contact information, emergency contacts, allergies, medications, insurance, and authorized pickup information are current.
- ☐ Upload all required medical and consent forms to your account, including the signed medical examination/consent documentation and media consent selections.
- ☐ Confirm that your account balance and all registration requirements are complete.
- ☐ Review the current packing list and general camp schedule with your camper.
- ☐ Discuss homesickness, the no-routine-calls policy, respectful conduct, and asking a counselor for help.
- ☐ Prepare medications in original packaging whenever possible, inside a labeled zip-top bag, and confirm departure and pickup plans.

Use the links on the cover and in the Parent Resources section for the current packing list, schedule, forms, deadlines, and logistical updates.

Preparing Your Camper for Camp Life

Camp is intentionally different from home. Days are full, campers share cabins and common spaces, meals and routines may be unfamiliar, and personal choices must fit the needs of the whole community. Preparing children for those differences helps them arrive ready to participate rather than expecting camp to feel exactly like home.

Independence, Shared Living, and New Experiences

- Explain that cabin assignments are designed to build community. Campers may not be placed with every requested friend and should be ready to welcome others, share space, and follow the cabin routine.
- Encourage your camper to try unfamiliar foods and activities respectfully. They can ask staff for help, but should not expect a separate home routine at camp.
- Practice basic independence before arrival: organizing belongings, dressing for the day, applying sunscreen, filling a water bottle, managing hygiene, and speaking up when something is wrong.
- Remind your camper that asking for help is a sign of good judgment. Counselors, clergy, medical staff, and camp leaders are there to support them.

Homesickness and First-Time Campers

Homesickness is common and usually temporary. Speak positively and honestly about camp, review the schedule together, and avoid creating a “rescue plan” for ordinary discomfort. A short practice overnight away from home may help a first-time camper. Pack a small family photo or encouraging note if permitted, but do not hide a phone or communication device in the camper’s luggage.

Food Allergies, Dietary Needs, and Health Support

List every allergy, dietary restriction, diagnosis, recent health change, and required support in the registration account. Upload any action plan or physician instructions requested by Camp THY, and contact leadership before camp when a need is complex, time-sensitive, or may require individualized support. Advance disclosure allows the camp team to determine how the camper can be served safely.

Packing for Camp

The list below reflects the official 2026 Camp THY Packing List. Pack for warm days, cool nights, worship, swimming, outdoor recreation, and themed evening programs. Label every item with the camper's full name; routine laundry service and bedding are not provided.

Clothing and shoes	Cabin and personal items
- Boys: 3 short- or long-sleeve button-up shirts. - Girls: 2 long skirts or long dresses. 6 T-shirts; 3 pairs of shorts, including 1 khaki dress short. 6 pairs of socks and 6 pairs of underwear. 2 pairs of long pants; 2 sweatshirts or pullovers. 1 lightweight jacket and/or fleece; warm pajamas. - Sun hat or baseball cap. - Bathing suit: one-piece for girls, or a two-piece worn with a swim shirt. - Hiking boots are highly recommended. - Casual shoes for church; sandals should have soles and straps.	- Bedding: bed cover, sheets and blanket and/or a sleeping bag; nights can be cold. - Pillow. Bedding is not provided. - Toothbrush, hairbrush, body wash, and deodorant. - Two bath towels: one for showers and one for the pool. - Beach towel or blanket for sitting on grass. - Non-aerosol sunscreen and non-aerosol bug spray. - Flashlight or headlamp; the campsite is very dark at night. - Reusable water bottle or canteen; disposable water bottles will not be provided. - Glasses or contact-lens supplies, lip balm, and a hat or cap.

Camp provides basic shampoo, conditioner, and toothpaste, although campers may bring their own.

Church Clothing

Bring modest dress clothing for church, Divine Liturgy, and camp photos: knee-length or longer skirts and dresses, dress pants or slacks, collared shirts, and blouses. Casual shoes are permitted because of the terrain. Do not wear sports shorts, ordinary or graphic T-shirts, ripped jeans, flip-flops, or hats during church services.

Special and Optional Items

- Campers age 13 or older: bring a mug or mason jar that can be customized during a morning activity.
- Friday night: Camp THY or other camp gear. Saturday: a wacky Carnival Night outfit. Sunday: Candyland-themed clothing.
- Pool gear and floaties; warm, comfortable clothing for outdoor movie and stargazing programs.
- Talent-show items such as a musical instrument, magic supplies, art materials, or other easily transported performance items.
- Optional: sunglasses, books, a small board game, playing cards, a battery-powered fan, an inexpensive camera, or a small daypack. Camp will also provide a daypack.
- Up to \$20 may be brought for eating out. Camp THY is not responsible for lost or mishandled money.

Medication Check-In

All prescription medication must be turned in to the Camp Nurse during registration and will be administered at the proper time. Do not place medication loose in luggage or send it for the camper to manage independently. Whenever possible, keep medication in its original packaging with readable labels and instructions, then place all containers together in a sealed zip-top bag marked with the camper's full name.

Do not send routine over-the-counter medications; these are provided by the Camp Nurse. Update the registration account before camp if a medication, dosage, allergy, or health condition changes, and communicate time-sensitive or complex needs directly to camp medical leadership.

Do Not Bring

- Cell phones or personal electronics, including tablets and video-game devices.
- Weapons, pocket knives, alcohol, ripped jeans, or valuables.
- Routine over-the-counter medications, which are supplied through the Camp Nurse.

Camp THY has a strict no-phone policy. If a camper needs a phone solely for travel, notify staff at check-in; the phone will be stored in the camp office until closing day.

Packing Tips

- Use a separate bag for each camper and label everything. The official packing-list PDF includes Camp THY travel tags.
- Duffel bags are recommended over wheeled suitcases because many areas of the campgrounds are not paved.
- Do not pack anything valuable. Camp THY, St. Nicholas Church, and affiliated organizations are not responsible for lost, borrowed, stolen, or damaged belongings.

[Open the official 2026 Camp THY Packing List](#)

Communication During Camp

No news is generally good news.

Campers who are not calling home are usually engaged in camp life, building confidence, forming friendships, and participating in the program. A lack of routine phone calls should not be interpreted as a sign that something is wrong.

When Parents Will Be Contacted

Camp leadership or medical staff will contact a parent or guardian directly when there is an emergency, a significant medical concern, a serious behavioral matter, a transportation issue, or another situation requiring parent involvement or a decision. Please keep all phone numbers and emergency contacts current and monitor the primary contact method listed in the registration account.

Routine Calls and Homesickness

Routine camper phone calls are not part of the normal camp schedule because frequent calls can interrupt adjustment and increase homesickness. Counselors support campers through normal worries, help them join activities, and involve leadership whenever a concern needs additional attention.

Visitation and Direct Contact

Do not arrive at camp or an off-site activity for an unplanned visit. Contact camp leadership if a family circumstance requires special coordination. Emergency messages should go through the official Camp THY contact process rather than directly through a camper or another family.

Photos and Updates

Photos and videos may be taken during camp activities. A camper may appear in shared camp media only when the required Media Consent selection has been completed through the registration process. Camp schedules are active, so photo updates may not be immediate or include every camper each day.

2026 Camp Schedule at a Glance

Camp THY runs Thursday, July 23 through Monday, July 27, 2026. The outline below helps families understand the flow of the week; times and activities may be adjusted by camp leadership for safety, weather, transportation, or program needs.

Thursday, July 23

Check-in and prayer at St. Nicholas, San Francisco Zoo cabin bonding, arrival at Daybreak Camp, and the opening evening program.

Friday-Sunday, July 24-26

Daily worship, Christian education, meals, cabin time, activity rotations, recreation, arts, prayer hikes, and evening community programs. Sunday includes Matins and Divine Liturgy.

Monday, July 27

Final lesson and activities, camp cleanup, departure from Daybreak, Vespers and dinner at Church of the Redeemer, blacklight dance, and return to St. Nicholas.

Departure, Drop-Off, and Pickup

All standard transportation begins and ends at St. Nicholas Antiochian Orthodox Church, 5200 Diamond Heights Boulevard, San Francisco, California 94131. Campers travel with camp counselors and volunteers. Alternate arrangements must be approved by camp leadership at least two weeks before camp.

Thursday, July 23 - Departure	Monday, July 27 - Return
7:30 AM Check-in begins in the church; remain until registration and medication check-in are complete. 8:30 AM Final check-in. 8:45 AM Prayer before departure. 9:00 AM Campers load buses. 9:30 AM Depart St. Nicholas. 10:00 AM Arrive at the San Francisco Zoo. 2:15 PM Regroup at the Zoo Hub for head count. 2:30 PM Depart the San Francisco Zoo. 4:30 PM Arrive at Daybreak Camp.	11:30 AM Cabin cleanup; luggage moves to the upper lot. 2:30 PM Final camp cleanup. 3:45 PM Campers load buses. 4:00 PM Depart Daybreak Camp. 4:45 PM Arrive at Church of the Redeemer. 5:00 PM Vespers. 6:00 PM Dinner. 6:45 PM Blacklight dance. 8:45 PM Campers load buses. 9:00 PM Depart Church of the Redeemer. 10:00 PM Anticipated arrival and pickup at St. Nicholas.

Check-in note: Access to the church hall or atrium may be restricted. Parents must hand medications directly to the Camp Nurse and should not leave medication loose in luggage.

Pickup note: Be ready before the anticipated arrival time and follow staff traffic and release instructions. Do not remove a camper until the official release process and final head count are complete. Timing changes will be communicated through official Camp THY channels.

Camp Life, Conduct, and Safety

Faith-Centered Community

Campers are expected to participate respectfully in worship, lessons, meals, activities, cabin responsibilities, and shared community life. Counselors model patience, kindness, time management, and conflict resolution through a Christian lens. Campers should listen to staff, remain with their assigned group, wear required identification, and use the buddy system.

Behavior and Discipline

Camp leadership works to resolve ordinary concerns through conversation, education, mediation, documentation, and follow-up. Repeated or serious behavior may result in restricted privileges, formal parent contact, leadership review, or dismissal. A camper dismissed for serious or continued violations must be picked up at the family's expense, and tuition is not refunded in that circumstance.

Bullying and Inclusion

Camp THY aims to create an environment where bullying cannot take root. Counselors watch for isolation, distress, repeated conflict, teasing, exclusion, or unusual withdrawal; they listen first, support the affected camper, address behavior fairly, document concerns, and escalate repeated or serious issues. Parents should encourage campers to report concerns promptly to a counselor or leader rather than waiting until after camp.

Health and Insurance

Each camper should be covered by the family's medical insurance. Camp THY and St. Nicholas Church may act as guarantor when emergency treatment is necessary, but medical costs paid on a camper's behalf may be billed to the parent or legal guardian. Complete and accurate medical forms are essential to safe care.

After Camp

Campers may return home tired, excited, emotional, or quiet. A short readjustment period is normal after an active week of community life. Give them time to rest, invite them to share stories without pressure, encourage continued parish involvement, and review any follow-up communication from camp leadership.

Parent Resources

[Camp THY Parent Resources](#)

[Packing List](#) • [Camp Schedule](#)

[Camp St. Joseph Parent Handbook \(reference\)](#)

Questions should be directed through the official Camp THY contact information listed on campthy.com. Keep this handbook available during the camp session.