



## Saranac 2025 Scoop Sheet July 27 - August 1, 2025

### INFORMATION FOR PARENTS

Parents, thank you for allowing your child to attend Asian Young Life camp! It is our hope that your child will have one of the best weeks of his or her life. Our Asian Young Life leaders and the Young Life camp staff are committed to providing your child a safe and memorable experience at camp. **Please post this important information on your refrigerator so that you may refer to it when necessary.**

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#### Camp Information

**Camp:** Young Life's Saranac Village, 4014 State Route 30, Saranac Lake, NY 12983

**Dates:** Sunday, July 27 - Friday, August 1, 2025

**Camp Phone Number:** (518) 891-3010

**Camp Website:** [saranac.info](http://saranac.info)

A licensed medical physician and an EMT live on the camp property and are available 24 hours a day in the event of an emergency.

The camp office is open everyday from 8:00 AM to 6:00 PM. If you wish to speak with your son or daughter or to contact the camp for any reason, please call the camp phone number and speak with the receptionist. Your child is NOT allowed to use his or her cell phone at camp, so please do NOT call your child's cell phone. There are public telephones at camp which your child may use for free to call you.

If you call the camp after hours, you will have the opportunity to leave a message on the office answering machine. In EMERGENCY situations, listen to the recorded announcement; the message will direct you to the phone number of the on-call person assigned to handle emergencies for that particular evening.

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#### Departure Information

We will be traveling to Saranac in an air-conditioned coach bus provided by Campbell Tours. We will meet at the following place and time:

**Place:** Harvesters House, 54 Columbus Dr, Tenaflly, NJ 07670 (*near Tenaflly Middle School*)

**Meeting Time:** Sunday, July 27, at 6:30 AM

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#### Return Information

The bus will return to the Harvesters House on **Friday, August 1**. The exact return time cannot be determined until that evening, but expect the bus to return *around 8:30 PM*. Your child will be instructed to call home to let you know a more precise time as we get closer to New Jersey.

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#### Local Asian Young Life Information

**AYL Website:** [asianyl.org](http://asianyl.org)

**AYL Phone Number:** (201) 777-0-AYL (0295)

Asian Young Life is a Christian nonprofit organization committed to making a difference in the lives of Asian American teenagers. Your child will be served by the following team of dedicated and caring adults:

**Leaders:** Dr. Brian Hall, Miss Debbie Ham, Mr. Jack Ham, Miss Janny Hong, Mr. Jeremy Palad, and Mr. David Youm

# INFORMATION FOR STUDENTS

We hope your time at Saranac will be one of the best weeks of your life! Listed below are some important camp policies which you should know. In addition, we have also provided a packing list. We look forward to serving you!

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## Camp Policies

- **Cell phones, smart watches with cell service capabilities, and electronic accessories** (*like AirPods, headphones, iPad, Nintendo DS, PSP, etc.*) **are NOT permitted at camp**, but they *are* permitted on the bus. All cell phones and other electronic accessories will be collected on arrival at Saranac and stored in the camp safe for the duration of the week. Of course, all items will be returned to you when we depart camp. Just be sure to mark your name on each electronic item. If your parents wish to contact you, they should call the camp office at **(518) 891-3010** and leave a message for you. If you wish to call home, there are public phones at camp which you may use for free. In addition, all leaders will have access to their cell phones, so you may be able to briefly use your leaders' phones as well.
- **Absolutely NO alcohol, e-cigarettes/juul, hookah, or illegal drugs are permitted.** If you bring any such items to camp, we will notify your parents, and they may be asked to pick you up at camp and take you home immediately.
- We are committed to fostering a safe environment in which all participants are treated with respect and dignity. Inappropriate behavior like hazing or pranking, which embarrasses and humiliates others, undermines this principle and is strictly prohibited and will not be tolerated under any circumstances. Engaging in such behavior may result in immediate disciplinary action, including dismissal from camp.
- If you have attended Saranac or any other AYL summer camp in the past, please keep the surprises and events a secret so first-timers have an unspoiled experience. Thanks!

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## COVID/Illness Concerns

We want this to be a healthy experience for everyone. If you develop COVID or have any other illnesses like a cold or the flu on the day of our departure, we ask you to stay home. Please TXT/call us at **(201) 777-0-AYL (0295)** if you are sick.

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## Packing List

Saranac temperatures can vary considerably during the summer, from daytime highs of 80° to evening lows of 50°. You should definitely bring a combination of summer and autumn clothes. Expect to wear a T-shirt and shorts or a swimsuit in the afternoon and a hoodie in the evening. Try your best to bring everything listed below.

### Clothing

- ☐ hoodie/warm jacket/sweatshirt for cold evenings
- ☐ one pair of old clothes AND old sneakers you don't mind getting dirty and that you don't mind if you never wear again
- ☐ one additional pair of good sneakers (*mandatory for certain activities*)
- ☐ one nice outfit and shoes (*for the dress-up dinner*)
- ☐ swimsuit
- ☐ several pairs of shorts
- ☐ a plain WHITE T-shirt
- ☐ several additional T-shirts
- ☐ a lot of underwear
- ☐ pajamas (*or whatever you wear to sleep*)
- ☐ a lot of socks
- ☐ flip flops/sandals/Crocs (*for the beach*)
- ☐ if possible, bring a neon shirt or any clothing that is neon-colored

### Toiletries

- ☐ sunscreen (*very important!*)
- ☐ toothbrush
- ☐ toothpaste
- ☐ soap/bodywash
- ☐ shampoo
- ☐ deodorant
- ☐ contact lenses
- ☐ contact lens case
- ☐ contact lens solution
- ☐ extra contact lenses
- ☐ feminine products (*for the girls only*)
- ☐ skincare and other toiletries

### Miscellaneous

- ☐ refillable water bottle (*important for staying hydrated*)
- ☐ waterproof watch
- ☐ eyeglasses
- ☐ sunglasses
- ☐ shower towel
- ☐ beach towel
- ☐ hat (*helpful in the sun*)
- ☐ plastic bag/laundry bag for dirty clothes
- ☐ camera (*and charger for camera*)
- ☐ money (*about \$40*) for food on the ride up and back
- ☐ \$40 to \$60 *additional* spending money for the snack bar and camp store (*The camp store also accepts credit cards.*)
- ☐ if you take prescribed medicine, please remember to bring it

You do NOT have to bring a pillow, blanket, bed linens, or a sleeping bag. These will be provided for you at Saranac.