



## TENTATIVE ITINERARY

We want you to experience all you can while you're here, but it's still a 'choose-your-own' adventure!

### FRIDAY, SEPTEMBER 10

**5:30-6PM:** Load bus, which leaves the Minot Family YMCA at 6:00pm. If driving separately, arrive at Triangle Y Camp no later than 7:00pm.

**7PM:** Check in at the Y's Men's Hall with staff who will give you your cabin assignments and a campground map. Then you can unload, unpack, and head to the fire pit!

**7:30PM:** Enjoy an outdoor barbeque followed by campfire fun and other activities like corn hole, beer darts, and late-night rope swinging into the pond. (alcoholic beverages allowed, but not provided - please no glass).

### SATURDAY, SEPTEMBER 11

**9-10AM:** Hot breakfast in the Dining Hall.

**10-12PM:** Take yourself to new heights summiting the 50 foot alpine climbing tower, challenging yourself on the ropes course, throwing some axes, or fishing.

**12PM-1PM:** Split into two teams and play a game of drunken wiffleball where you must always have a drink in your hand.

**1-2PM:** Head to the Dining Hall for lunch where you can choose from our meat selection and grill what you choose to your liking then load up on sides!

**2-4PM:** Experience all that Lake Sakakawea has to offer. Relax on the beach or splash in the pond. Take out a kayak or paddle out on a paddle board. Don't forget to test out the rope swing!

**4-5PM:** Gather your belongings and clean up your space.

**5PM:** Bus leaves camp to head back to the Minot Family YMCA.

Participation is optional for all activities offered



# FAQ's

## WHERE IS TRIANGLE Y CAMP?

Triangle Y Camp is located on Lake Sakakawea, approximately 10 miles southwest of Garrison, ND on county route #13. The address is 1251 A 47th Ave NW, Garrison, ND 58540. Camp signs are posted on Highway 37 starting 4 miles west of Garrison.

## HOW DO I GET THERE?

From Minot, take highway 83 south to route 37 west (toward Garrison). Follow route 37 approximately 4 miles past Garrison, look for "Youth Camp" sign and country road 13. Follow Triangle Y Camp signs to camp.

## WHERE WILL WE BE SLEEPING?

You will get to sleep in one of our awesome cabins! All the cabins have beds, but if you want to bring a tent or camp under the stars, you can do that too!

## WHAT SHOULD I BRING?

Bedding (Sleeping Bag, Pillow, Etc.)

Toiletries - Including shower products, toothbrush & paste, etc.

Towels - one for showering and one for the lake

Bug Spray

Sunscreen

Athletic or relaxing clothing - including long pants

Pajamas

Swimming Suit

Closed toe shoes

Sandals

Any snacks or beverages (If alcoholic, please no glass bottles)

Optional: Fishing poles, tackle box, bait

## MINOT FAMILY YMCA

3515 16TH ST SW | MINOT, ND | 701.852.0141

WWW.YMCAMINOT.ORG

FOR MORE INFO: CALL THE Y AT 701.852.0141



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CAMP MORE, WORK LESS AT TRIANGLE Y CAMP

Men's Camping Weekend  
SEPTEMBER 10 & 11, 2021 | TRIANGLE Y CAMP



YMCAMINOT.ORG | TRIANGLEYCAMP.ORG



# CAMP MORE, WORK LESS



## TIME TO REGISTER!

Grab your friends and get ready to enjoy a fun filled weekend at Triangle Y Camp!

## MEN'S CAMPING WEEKEND

Anyone 21+ can share in an experience that lasts a lifetime. Grab the squad and head down for a fun, no-girls-allowed, week-end adventure. Triangle Y Camp is just the place for men to get away and have a good time!

### TRIANGLE Y CAMP

ON SCENIC LAKE SAKAKAWEA  
IN GARRISON, ND

### COST\*

MEMBER: \$60  
NONMEMBER: \$75

### DATES

FRIDAY & SATURDAY  
SEPT 10 & 11, 2021

## FUN INSIDE & OUT

Kayak on Lake Sakakawea, toss some bags in cornhole, climb to new heights on the alpine tower, throw some axes, jump off the rope swing into the pond, enjoy some beverages around the bonfire, grill your own meat, play some lawn games, and much more!

Cost includes all meals & activities. Transportation is an optional add-on fee of \$15.



Name \_\_\_\_\_  
First Last

Birthdate \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Cabin Mate(s) \_\_\_\_\_

Special Dietary Needs \_\_\_\_\_

Allergies \_\_\_\_\_

Do you need transportation? (\$15) ☐ YES ☐ NO



## YOUR SAFETY IS IMPORTANT

The health and safety of each camper is our first and foremost concern. All staff are trained in first aid and CPR.

### Emergency Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

Relationship \_\_\_\_\_

### Authorization

I, the undersigned, represent that I am over 21 years of age and am medically fit to participate in this event. In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against all persons and agencies involved with the program. I hereby grant full permission.

☐ I give permission to Minot Family YMCA to use photographs or videos of me/my team for promotional or other legitimate purposes.

Signature \_\_\_\_\_

Date \_\_\_\_\_