



South Coast BC

Camp Potlatch

Summer Camp 2023 Parent Handbook



City Office

7595 Victoria Drive
Vancouver, BC
V5P 3Z6

604-324-CAMP

Camp Potlatch
Onsite Office:
604-290-CAMP

Welcome!

Dear Parents/Guardians,

Welcome to the Camp Potlatch family! The entire team is thrilled to have been selected by you to give your camper a camp experience this summer! For over 75 years, we've had the privilege of working with thousands of children at our beautiful ocean-front location. We strive to build campers to become more resilient, self-confident, and independent in a safe and supportive environment. Your camper will have the opportunity to try a whole range of amazing activities at Potlatch this summer all while under the close supervision of our incredible staff team. We hope the memories your camper makes this summer last a lifetime!

The summer is rapidly approaching and it will soon be time to get your camper packed up to join the fun at Camp Potlatch. We've created this handbook to assist both you and your camper to prepare for the upcoming summer. Whether this is your camper's first time at camp or he/she is a seasoned Potlatch veteran, we encourage you to take some time to carefully review this information prior to your camper's upcoming camp adventure.

Can't wait to see you this summer!

Sincerely,

The Camp Potlatch Team

Who are We?

BGC South Coast BC

BGC South Coast BC was founded in 1936 and has been serving young people and their families in BC's Lower Mainland for over 85 years. Our mission is to provide a safe, supportive environment where children, youth, and families can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills in life. At our neighbourhood-based Clubs, professional staff and trained volunteers offer a wide range of programs for children and youth during the critical out-of-school hours. We also offer a summer wilderness camp (Camp Potlatch), youth and family counselling, substance use services for youth, employment services, and parent and early years programs. Across the Lower Mainland we serve 1,000 kids per day, and more than 10,000 children, youth, and families annually (pre-COVID).

Camp Potlatch Mission Statement

Camp Potlatch's mission has been established in part from the mission statement of BGC South Coast BC, and from the influence of a more generic philosophy of residential camping. Our mission is to create a 24-hour group-living experience for young people in a wilderness environment that provides campers with opportunities that will develop their self-esteem, and enhance their appreciation and understanding of the natural environment. The overall camp program is designed to create opportunities that will enhance the social, recreational, educational, health, and character development of each camper.

Land Acknowledgment

BGC South Coast BC has sites and programs in Burnaby, Ladner, Langley, North Delta, North Vancouver, Richmond, Sunshine Coast, Surrey, Tsawwassen, and Vancouver, which are in the territories of Musqueam, Katzie, Kwantlen, Kwikwetlem, Qayqayt, Semiahmoo, Squamish, Tsawwassen, Tsleil-Waututh Nations that have had a relationship since time immemorial with that territory. BGC is committed to reconciliation and so we recognize that First Nations have a continued relationship with their lands and territories that are important to them, and in fact to all of us.



Camper Forms

All camper forms will be delivered to you via email within a week of registration. Refer to the checklist below for all forms required prior to the beginning of camp:

- ☐ **Medical Form:** This form is used to collect detailed health, medical, dietary, and behaviour management information, so we can ensure that your camper has a safe and successful time at camp this summer.
- ☐ **Transportation Form:** Choose either to meet the boat at the dock (Coal Harbour or Plaza of Nations Marina, depending on the session) or drop off and pick up your camper at our Vancouver, Burnaby, or Surrey Boys and Girls Club locations.
- ☐ **Consent Form:** All overnight camping programs have a certain amount of risk involved to each participant. Please take some time to carefully read through and sign to acknowledge that you understand these risks.
- ☐ **Behaviour Contract:** Every Potlatch camper is expected to fully participate in our programs and to abide by certain rules. Please ensure you read and sign this document with your camper so he/she has a clear understanding of these expectations.

*All forms are due **1 month** after registration
and can also be found online at www.camppotlatch.com.*

Final Registration Steps

All outstanding camp fees are due one month prior to the first day of your camper's session. Failure to complete payment by this time may jeopardize your camper's registration.

Please make cheques payable to **BGC South Coast BC** and mail to:

**Camp Potlatch
7595 Victoria Drive
Vancouver, BC V5P 3Z6**

Post-dated credit card payments, cheques and e-transfers are acceptable, dated for the 1st and/or 15th of each month. This method of payment must be approved by the Camp Registrar, and should be submitted along with the registration form.

E-transfer email: potlatchpayments@bgcbc.ca
Please include camper name and session in notes.

Payments (credit card) can also be completed online at:
<https://bgcbc.campbrainregistration.com/>

Camp Potlatch Login

Username: _____

Password: _____

If you need to cancel your camper's registration, advance notice is required to provide the following refunds:

100% refund = 4 weeks prior

50% refund = 2 weeks prior

*If your camper is sick, please call the office to discuss options.



Keeping Your Camper Happy & Healthy at Camp

Medications

If your camper requires any medication during their camp stay, please hand it directly to a Potlatch staff member at your camper's drop-off location. All medication must be in its original packaging with the camper's name, medication, and dosage clearly marked. Camp Potlatch employs a full-time Registered Nurse in each session to administer medications and ensure camper wellness. A call home will be made if there is concern or questions regarding medication, dosages, etc.

Parents of campers carrying Epinephrine, an EpiPen, or an inhaler for asthma are asked to ensure that this information is brought to the attention of the staff and that the camp is provided with medical directives and consent concerning their use (e.g., on the Medical Form).

Head Lice Policy

All campers will be discreetly checked for head lice upon arrival at a drop-off location. This is a standard health procedure to prevent and control the spread of lice to other participants. In the event we discover lice or nits, the camper will be sent home. It is the parent/guardian's responsibility to treat the camper and subsequently arrange alternative transportation to camp with the Camp Director.

We encourage all families to check their camper for lice and nits a week prior to camp, especially if a camper has recently been exposed to lice. For more information about head lice and how to complete a thorough head check, check out this great resource: greatervancouverliceclinic.ca/how-to-check-for-head-lice.

Dietary Restrictions

We can accommodate the following dietary restrictions at Camp Potlatch without supplementary food from the parents: *Lactose Intolerance, Vegetarian, Gluten-Free, No Red Meat, and No Pork Diets*. We may be able to accommodate additional special diets with prior consultation, please contact the Camp Potlatch Office for more information.

Camp Potlatch offers a **nut aware facility**. While we do not serve nut products when there is a participant with a nut allergy on site, we are unable to guarantee that your camper will not come in contact with nut products during their stay at camp.

Please do not send food with your camper to camp.

Any food sent to camp poses a risk to campers with allergies and will attract unwanted pests into cabins/tents.

All food items will be taken by staff and returned to campers on departure day.



Supporting Camper Behaviours

At Camp Potlatch, we strive to create happy, safe, and successful camp experiences for each and every child. Even for our returning campers, each year at Potlatch represents a clean slate and an opportunity to meet new people, make friends, and build new skills. For some campers, adjusting to camp life happens effortlessly. For others, it can be tricky. We understand that every child is unique and that there are a variety of circumstances to consider before each child can have a successful experience.

You are an expert in your own child's behaviours and coping strategies. Any insight that you can provide will not only create continuity for your camper, but will also ensure that your camper's experience is the best it can be. Please reach out to our Camp Coordinator (summer@bgcbc.ca) to discuss how to best support your camper. Together you'll create a plan for success prior to camp.



Emergency Procedures

If there is an emergency at camp involving your camper, we will immediately contact you using the following procedure:

1. The person listed as Parent A on the Registration Form at home, then at work, and then at other numbers provided.
2. The person listed as Parent B on the Registration Form.
3. The emergency contact person listed on the Registration Form.

If we cannot contact you at any of the above numbers we will continue to try to contact you, however the Camp Director may be required to make a decision on behalf of your camper's best interest.

It is extremely important that you fill out and send in all camp forms prior to camp. It is also important that you make your wishes known to anyone who may make a decision about your camper on your behalf.

Preparing Your Camper for Camp

First Time Campers

If this is your camper's first time to an overnight camp they might be experiencing a little anxiety about spending a week away from home. The Potlatch Team has put our heads together to come up with a few key suggestions to help prepare your camper for their first summer with us at Camp Potlatch:

- Try not to talk too much about the time away from you. A big part of camp is learning life skills, problem solving, learning to cope with upset feelings, but most of all having a blast! Be positive and talk about the many great opportunities your camper will have at camp.
- Check out our Camp Potlatch website to look at some of the pictures of camp.
- Reassure your camper that they do not need to know everything before coming to camp. Let them know that everybody will be learning new things and it is a great opportunity to try something they have never tried before.
- Your camper might be nervous or hesitant due to concerns over showering or using the washrooms at camp. You can reassure them that washrooms are very close to the cabins and to bring their bathing suit for showers.
- Encourage your camper to make new friends and approach a camp staff member if they feel upset or uncomfortable.



Homesickness

Your camper might miss home while at camp this summer. These are normal and natural feelings. Please discuss this with your camper and let them know that everyone misses home sometimes.

Feelings of homesickness typically arise during low activity times and rest hour. Encourage your camper to keep busy during these times. Suggest they write a letter to you, play a game with a new friend, or talk to a camp staff member. It's important your camper understands you believe they are capable of having a fun and successful week away from home.

It has been our experience that homesickness can be mild or severe, and can produce stomach aches, headaches, or even anxiety. Our staff are trained to identify the early signs of homesickness and to help campers to feel comfortable at camp. While most instances of homesickness disappear as campers adjust to their new surroundings and become accustomed to camp routines, sometimes feelings of homesickness continue to escalate. If your camper's homesickness is severe or continues beyond 24 hours, you will be contacted in the hopes that we can work together to support your camper to have a fun camp experience.

Please make sure you do not tell your camper that they will be able to phone home from camp or return home if they do not like it. Instead, talk with your camper by encouraging them to try the experience this year and if they don't enjoy it, they do not have to return next year. Encourage them also to participate and have fun while they are at camp.

If you would like an update on your camper's progress, please contact the camp site at 604-290-2267 and a staff member from camp will return your call.



Camper Responsibilities

Community Living

As a member of a cabin group, each camper is expected to keep their belongings tidy and to share in the responsibilities of keeping the cabin clean. Campers also assist with table setting and clearing during meals, and even help with cleaning dishes on out-trips! Please help us to reinforce the value of these duties and the importance of taking a willing and cheerful attitude towards them.

Healthy Behaviour at Camp

- Shower with soap and shampoo at least two times per week.
- Follow sun safety rules: wear a hat and sunscreen, and drink lots of water.
- Brush your teeth at least twice per day.
- Change your clothing as cleanliness and weather change.
- Please let your cabin leader know if you are having health-related problems as soon as possible.



Behaviour Expectations

Please read over and check off these basic rules with your camper before the start of camp:

- ☐ Please use appropriate language. There should be no fighting, swearing, put-downs, name calling, or cliques at camp.
- ☐ It is okay to be angry, but it is not okay to hit or hurt anything or anyone at camp.
- ☐ If you are angry or upset, talk to a friend or a cabin leader for help.
- ☐ Listen to others and they will listen to you.
- ☐ Show respect to other campers, staff, the environment, and Camp Potlatch.
- ☐ We will not allow destructive pranks.
- ☐ You may not enter any other cabins except your own.

On the rare occasion that campers choose to consistently break these rules or to display behaviours that put themselves or other participants in danger, they may be asked to leave camp prior to the end of the session. We make every effort to contact families to discuss problems prior to having to make any decision about sending a camper home early, but in some cases we may not be able to reach a family prior to making a decision. No refund will be given to campers leaving camp before the end of the session.

Camp Potlatch Programs

Camp Potlatch offers a wide range of programs designed to meet the needs and abilities of a variety of campers. As a cabin group, campers take part in pre-scheduled activities throughout the day. Free time blocks occur twice daily to allow campers to choose their own adventure. There are also opportunities to mix and mingle with the entire Potlatch community during camp-wide activities. Some situations such as camper age, group interest and ability, weather conditions, and time constraints may prevent your camper's participation in every camp activity.

Badge Program

The Badge Program was first started in the 1940s for the purpose of helping campers develop sufficient skills to safely venture off site and to assist in developing their appreciation for nature.

Today, while the focus is much the same, the program also concentrates on promoting campers' self-worth and providing opportunities for them to achieve success.

When your camper comes to camp they can work towards new badges and levels within the program each year. Year after year campers return to Potlatch earning new badges and learning new skills.

The badge program recognizes campers who try new activities and display skill improvement. This program aligns with the physical and developmental stages of our campers. Badges are presented to campers at Council Fire on the last evening of every session. Each camper will earn a badge while at camp this summer.



Out-Trips

All campers take part in a fun-filled 24-hour camping trip during their camp adventure. Younger campers hike to a site closer to main camp, while older campers embark on either a water-based camping trip or a land-based hiking trip. These trips depend on the overall skills of each cabin group, which are assessed prior to the out-trip.

Rain or shine, our campers still take part in this wonderful experience – as long as it is safe to do so (i.e., we wouldn't send campers out in a thunderstorm, or to water locations in high winds). It is important to make sure that your camper has the basic gear to stay warm, dry, and happy regardless of the weather. Each camper is encouraged to bring a waterproof rain jacket, pants, and/or poncho. Consider also packing a garbage bag to line the inside of your camper's backpack for extra waterproofing.

Each camper is responsible for "sharing the load" during the out-trip. This includes carrying their own sleeping bag, extra clothes, and toiletries to the overnight site as well as some group gear (i.e., food, utensils, pots, rope, etc.). As a cabin group, campers help prepare meals, set up the camp site, and even wash dishes! The out-trip is often a highlight of a camper's overall Potlatch experience. It provides the opportunity for cabin groups to work together toward a shared goal, further build as a team, and overcome challenges as a group.



Communicating with Your Camper

We know that a week away from home can be a new experience for both Campers and Parents/Guardians. While it can be a nerve-racking experience for all, it's an excellent chance for everyone to build some independence. If your camper is experiencing any difficulties during their stay at Camp, you can be assured that we will contact you. If you don't hear from us- your Camper is busy having fun and will have some great stories to tell you when they get home!

Phone

While campers are unable to use the camp phone during their stay, feel free to give us a call at 604-290-2267 for an update on your camper. Camp is a busy place and we sometimes aren't in the office when parents call. Please leave a message with your name and phone number and we will return your call within 24 hours. You can also relay messages to camp by calling our Camp Potlatch city office at 604-324-2267 (between 9:30 am and 4:00 pm on weekdays).

Email

Email messages to your camper through our Camp Coordinator, at summer@bgcbc.ca. We will print out the message and deliver it to them. In the subject line please include the camper's name and the session number in bold.

Letters

If you'd rather write a handwritten letter for your camper, you can deliver them to any Camp staff at your drop off location. They safely bring the letter to camp and we can distribute it to your camper part way through their stay.

Visiting Camp

Unfortunately, due to Camp Potlatch being accessible by boat only, we are unable to invite parents to visit the camp while it is in session. This also allows all campers to have an undisrupted summer camp experience.

Promotional Pictures

Every summer many pictures and video clips are taken at Potlatch. These photos are often used in promotional pieces such as our camp brochure, website, PowerPoint school presentations, and other such media. If you do not want your camper to appear in any pictures/videos, please indicate this to us in writing prior to your camper's first day of camp (i.e., on the Acknowledgement of Risks & Consent Form).

Please read our privacy policy on the camp brochure, or on our camp website at www.camppotlatch.com.



Packing for Camp

Tips & Tricks

Please review the enclosed “Packing List” (pages 14-15) to assist you and your camper in packing for their summer camp adventure. Ensuring that all of the necessary clothing and equipment arrives at camp with your camper is essential for them to have an enjoyable camping experience

- **LABEL EVERYTHING!** We recommend iron-on or sewn-on labels for clothing, and magic marker for other things. Include your camper's first and last name. Note: Mabel's Labels provides durable personalized labels perfect for camp. A portion of your purchase will come back to BGC to help support more children experience Potlatch. Check them out at camps.mabelslabels.com and select “Camp Potlatch” from the drop-down tab.
- Make sure all bags your camper brings to camp are clearly marked with their name so they can't be mistaken for someone else's luggage.
- Avoid using garbage bags, as they easily tear and cause items to fall out. Also, since all garbage bags look the same, someone may go home with the wrong bag.
- Pack with your camper. Campers have a much easier time finding things in their bag when you pack it together.
- Send a laundry bag. This will help your camper keep the dirty clothes separate from the clean ones.
- Send toiletries in a toiletry bag that can be easily carried from the cabin to the shower house.
- Pack a small day pack with books and activities for transportation day.
- Send old clothes, as camp clothes tend to get super dirty!
- Your camper is responsible for carrying their own bags and equipment. It is important they do not bring more than they can carry.
- Laundry is only available for hygiene purposes.

Lost & Found Procedures

Camp Potlatch makes every effort to return “lost & found” items to their rightful owner before each camper departs site. Items that are not reclaimed at camp will be sent back to the Camp Office (7595 Victoria Drive) and held for a month after the last session of camp. After this time, lost and found items will be donated to charity. If you are searching for lost items please call our camp office at 604-324-2267 to arrange to pick them up.



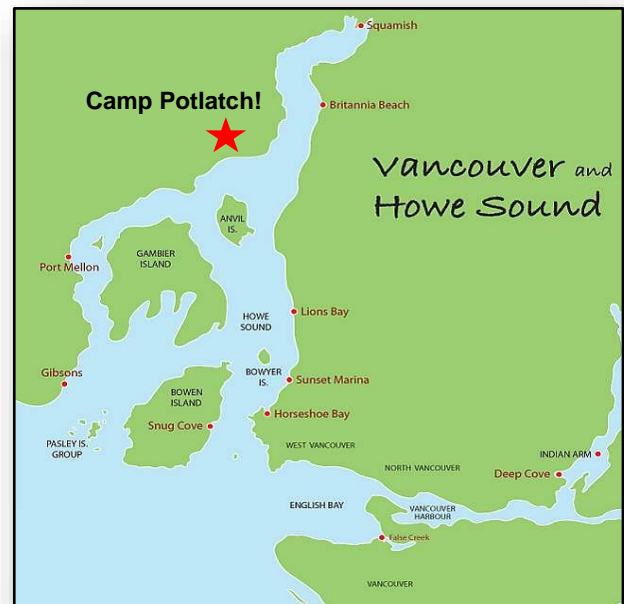
Transportation

Camp is located on the northern part of Howe Sound and is only accessible by boat. For over 75 years, campers (up to 1,000 or more each summer) have arrived via boat on the shores of Camp Potlatch. Most trips to and from Camp Potlatch will be chartered by **Vancouver Cruises**. Vancouver Cruises operates out of False Creek at the **Plaza of Nations Marina**, and has several large boats able to accommodate hundreds of passengers per vessel. Check out their website at vancouvercruises.com. Campers and staff will be travelling to camp on the Abitibi Boat.

Camp Potlatch has worked with Vancouver Cruises for several years, most recently in 2019. As in years past, we'll be continuing to provide parents with the option of dropping off and picking up directly at the Plaza of Nations, or at our Club locations. We encourage you to consider possible traffic delays when travelling to your chosen drop off location and to plan accordingly.

You also have the choice of dropping off and picking up your camper from three different Clubs across the Lower Mainland. Campers are bussed to the dock where they will board the boat and be shuttled directly to Camp Potlatch. The boat ride to camp takes approximately three hours, during which campers will have time to meet their cabin groups, staff members, and engage in fun get-to-know-you activities.

Please indicate which location and who will be dropping off and picking up your camper on the attached Transportation Form. **Campers will only be released to the individual identified on the Transportation Form**



Missing the Bus / Boat

Unfortunately, we cannot wait for participants who are running late (even by 5 minutes!). If you miss the bus or boat, please contact our Camp Office at **604-324-2267** or our Camp Coordinator (Ian) at **604-991-9659** to discuss alternative transportation options.

Pick-up Information

Due to unforeseen circumstances (i.e., weather, traffic, construction), there may be times throughout the summer when the arrival times may be delayed. In the case that we arrive early, campers will be supervised by Camp Potlatch staff at the Club location. Every effort will be made on behalf of Camp Potlatch to contact parents and inform them if we will be late, however due to time restraints and volume of calls this may not always be possible. We appreciate your understanding and patience if this situation should arise.



Start of Session – Going to Camp

Fraserview Club

7595 Victoria Drive, Vancouver
Bus Departs at **8:15 am**

North Burnaby Club

518 S. Howard Avenue, Burnaby
Bus Departs at **8:15 am**

Surrey Club

Old Yale Road Elementary School
10135 132 Street, Surrey
Bus Departs at **7:45 am**

Plaza of Nations Marina

750 Pacific Boulevard, Vancouver
Boat Departs at **9:30 am**

***Please remember to arrive at least 30 minutes prior to the scheduled departure time!**

End of Camp – Returning from Camp

Sessions ending on a Saturday

Main Camp Sessions: 1, 3, 5, 7
Leadership Camp 2-1

Fraserview Club

Pick-up at **4:15 pm**

North Burnaby Club

Pick-up at **4:15 pm**

Surrey Club

Pick-up at **4:45 pm**

Plaza of Nations Marina

Pick-up at **3:30 pm**

Sessions ending on a Thursday

Main Camp Sessions: 2, 4, 6, 8
All Leadership Camp 1 Sessions
Leadership Camp 2-2

Fraserview Club

Pick-up at **2:15 pm**

North Burnaby Club

Pick-up at **2:15 pm**

Surrey Club

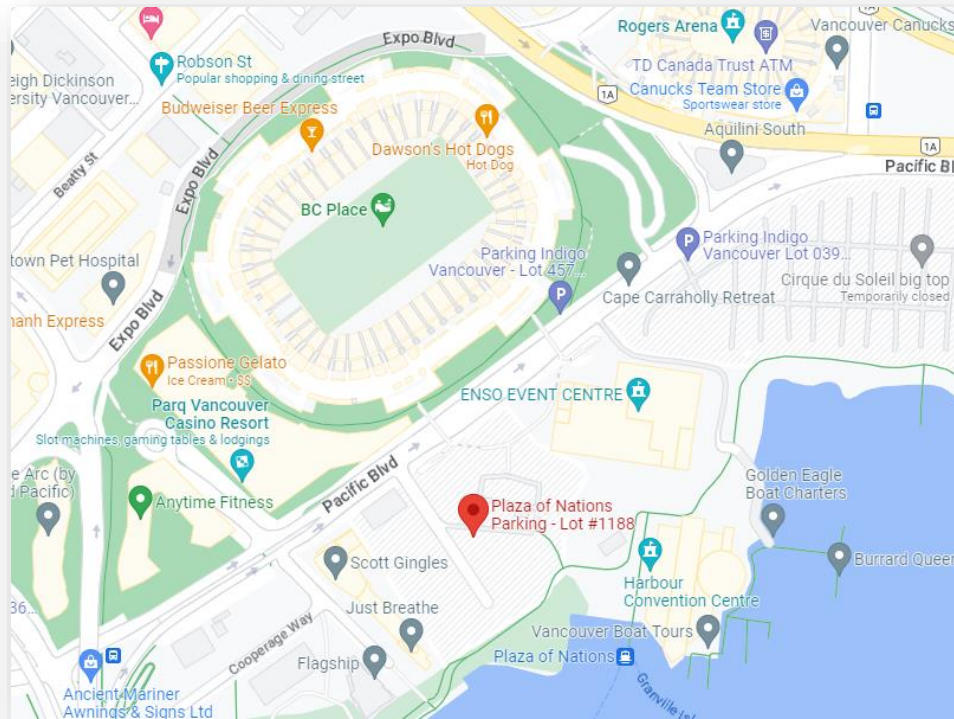
Pick-up at **2:45 pm**

Plaza of Nations Marina

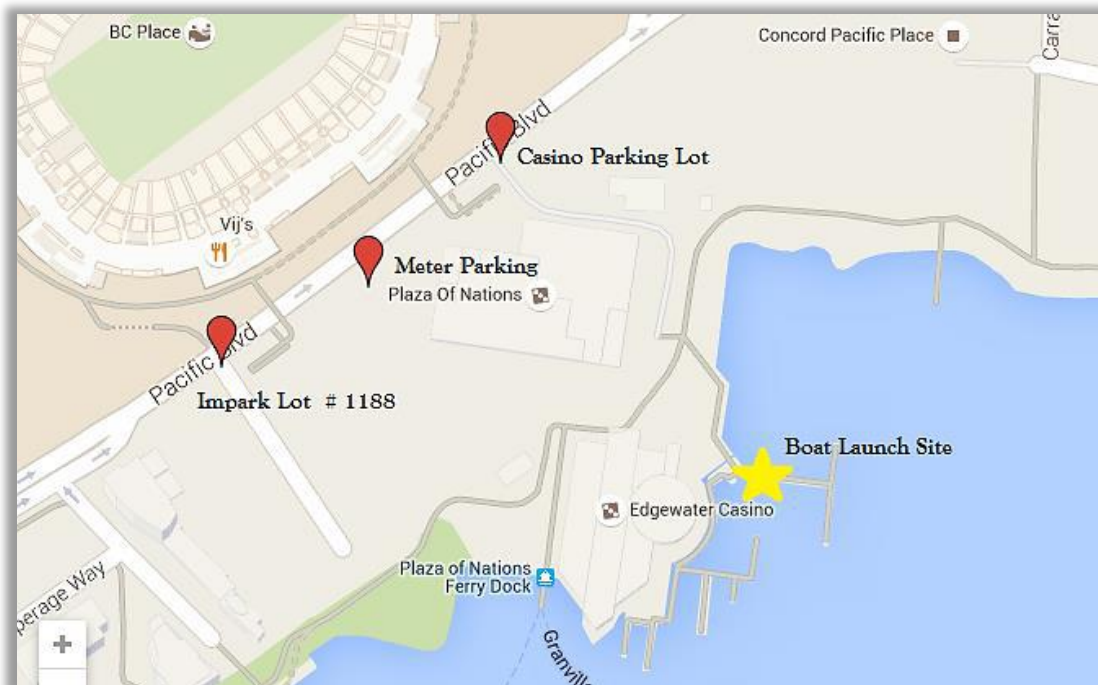
Pick-up at **1:30 pm**



Parking at Plaza of Nations Marina



Ample parking is available around the marina. The closest parking to the marina is Impark Lot 1188, the surface parking lot at the Plaza of Nations. The entrance to the parking lot is on Pacific Boulevard just off the exit ramp from the Cambie Street Bridge. Hourly meter parking is also available at the front of the Plaza of Nations complex and along Pacific Boulevard



Camp Schedule

Please highlight the drop-off and pick-up days for your camper's Camp Potlatch Session:

Main Camp \$740	Leadership Camp 1 \$950	Leadership Camp 2 \$1200
Session 1: July 3 – 8	LC1-1 (G): July 3 – 13	LC 2-1 Coed: July 3 – July 22
Session 2: July 8 – 13		
Session 3: July 17 – 22	LC1-2 (B): July 17 – 27	LC 2-2 Coed: July 22 – August 10
Session 4: July 22 – 27		
Session 5: July 31 – August 5	LC1-3 (G): July 31 – August 10	
Session 6: August 5 – 10		
Session 7: August 14 – 19	LC1-4A (B): August 14 – 24	
Session 8: August 19 – 24	LC1-4B (G): August 14 – 24	

Please write down on a calendar the first and last day of your camper's camp session. Also, be sure to make note of your camper's drop off/pick up location and times (on p. 12).



Main Camp Packing List

Please **label everything** prior to arriving to camp, including your camper's luggage. We recommend iron-on or sewn-in labels for clothing and magic marker for everything else. Include your camper's first and last name. We recommend packing items in a large duffel bag or hiking pack. All campers are required carry their luggage to and from the cabin on arrival and departure days. Avoid packing your camper's belongings in garbage bags as they easily tear and cause items to fall out.

Camp clothes often get super dirty – we encourage campers to bring old clothes and recommend checking out second-hand stores to limit new purchases.

Equipment:

- ☐ Backpack
- ☐ Sleeping bag
- ☐ Pillow
- ☐ Flashlight
- ☐ Extra batteries
- ☐ Sunglasses
- ☐ Insect repellent
- ☐ Water bottle
- ☐ Sunscreen (SPF 30+)
- ☐ Laundry bag

Clothing:

- ☐ Sun Hat
- ☐ Rain gear: raincoat, splash pant, rubber boots
- ☐ 5 t-shirts
- ☐ 2 pairs of pants
- ☐ 3 pairs of shorts
- ☐ 1 long-sleeved shirt
- ☐ At least 1 warm sweater
- ☐ Pajamas
- ☐ 6 pairs of underwear
- ☐ 6 pairs of socks
- ☐ 1 swimsuit
- ☐ 2 pairs of shoes (sneakers & sandals)

Toiletries:

- ☐ Toothbrush & toothpaste
- ☐ Soap
- ☐ 2 large towels (1 for shower, 1 for beach)
- ☐ Shampoo
- ☐ Comb/brush
- ☐ Feminine hygiene products
- ☐ Deodorant
- ☐ Lip balm

Optional Items:

- ☐ 1 twin-sized fitted sheet
- ☐ Camera
- ☐ Journal
- ☐ Fishing gear
- ☐ Sturdy hiking boots
- ☐ Stuffed animal

Please Leave at Home:

- ☐ Food
- ☐ Cell phones
- ☐ Knives or weapons
- ☐ Money
- ☐ Alcohol/drugs/cigarettes/vapes
- ☐ Electronic devices
- ☐ Fireworks
- ☐ Matches/lighters
- ☐ Perfumes or aerosol deodorants
- ☐ Items of personal or material value.

During their stay at Camp, every cabin will have a taste of a true camp out on a 24 hour out-trip. Destinations will be reached by land (hiking) or sea (canoeing). An out trip is most successful when campers have the necessary gear to stay warm, dry, and sun safe. A backpack is also essential so they can comfortably carry all their needed items.

What does my camper bring on the overnight out-trip?

Backpack big enough to hold:
Sleeping bag
Pajamas
1 pair of socks & underwear
Warm sweater
Toothbrush & toothpaste
Sunscreen & insect repellent
Water bottle
Garbage bag to help waterproof the inside of the backpack



Leadership Camp Packing List

Please **label everything** prior to arriving to camp, including your camper's luggage. We recommend iron-on or sewn-in labels for clothing and magic marker for everything else. Include your camper's first and last name. Leadership 2 camps are located an approximate 10-15 minute hike from Main Camp and campers are required carry their luggage to and from this locations on arrival and departure days. All Potlatch Leadership Camps include a significant out-trip component. It's for these reasons we strongly recommend campers pack items in a hiking pack.

Camp clothes often get super dirty – we encourage campers to bring old clothes and recommend checking out second-hand stores to limit new purchases.

Recommended Gear While at Camp:

Equipment:

- ☐ Sleeping bag & pillow
- ☐ Sleeping pad
- ☐ Water bottle
- ☐ Flashlight & extra batteries
- ☐ Sunglasses & sunscreen (SPF 30+)
- ☐ Laundry bag
- ☐ Backpack
- ☐ Shampoo
- ☐ Comb/brush
- ☐ Feminine hygiene products
- ☐ Deodorant
- ☐ Lip balm with SPF

Clothing:

- ☐ Sun Hat
- ☐ Rain gear: raincoat, pants & rubber boots
- ☐ 8-10 T-shirts
- ☐ 2-3 pairs of pants
- ☐ 4-6 pairs of shorts
- ☐ 2-3 long-sleeved shirts
- ☐ 2-3 warm sweaters
- ☐ 2-3 pairs of pajamas
- ☐ Socks & underwear
- ☐ 2 swimsuits
- ☐ 1 pair of sturdy hiking boots with ankle support
- ☐ 1 pair of sneakers
- ☐ 1 pair of sandals

Toiletries:

- ☐ Toothbrush & toothpaste
- ☐ Soap
- ☐ 2-3 large towels

Optional Items:

- ☐ Camera
- ☐ Journal
- ☐ Fishing gear

Please Leave at Home:

- ☐ Food*
- ☐ Cell phones
- ☐ Knives or weapons
- ☐ Money
- ☐ Alcohol/drugs/cigarettes/vapes
- ☐ Electronic devices
- ☐ Fireworks
- ☐ Matches/lighters
- ☐ Perfumes or aerosol deodorants
- ☐ Items of personal or material value

**Please do not pack food or snacks of any kind. We are a nut-aware facility and any food sent to camp poses a risk to campers with allergies and will attract unwanted pests into cabins/tents.*

Recommended Gear While on Trip:

- ☐ 45-60 litre backpack
- ☐ 20-30 litre watertight dry bag big enough to hold sleeping bag (for paddling trips)
- ☐ Lightweight sleeping bag
- ☐ Moisture-wicking T-shirt that covers shoulders
- ☐ Quick-dry shorts
- ☐ Fleece/wool sweater & pants
- ☐ Crocs/sandals for night-time lounging
- ☐ Wool socks
- ☐ Long-johns

