

Girl Guides of Canada, Ontario Council
Ontario Summer Camps
2010

Camper Information



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Camp Open House, Visitors Days & Tours

Open House

We would like to invite **you and your family** to join us at camp on **Sunday June 13th, 2010 from 11:00a.m. until 3:00 p.m.** for an Open House. Drop by any time. You'll have a chance to go for a dip in the lake (if weather permits), tour the site, meet the staff, try some activities and join us for refreshments. If required, permission forms will be available onsite for some activities.

Visitors day

Due to the short duration of our camps, there are **no visitors' days** or opportunities for campers to have visits **while camp is in session.**

Tours

Tours can be done **by campers on the final day of camp between 10:00 a.m.-10:45 a.m.** if you are picking up at camp. The staff team will be busy getting ready for campers so your tour guide will be the camper you're picking up. We don't have the ability to do camp tours at any other time including arrival day.

Communicating with your Camper

Phones

There are **no facilities available for campers to make or receive phone calls due to the large number of campers** in camp. Often, children calling home make themselves homesick. **Please do not promise your camper that she may call home or that you will call her. Messages may be left** with the camp office administrator and will be delivered to your camper as soon as possible. Please, only one phone message per camper per day. Cellular phones are not permitted at camp.

Getting things TO your camper

When you're communicating with your camper, try to keep **things lively and upbeat.** Reassure your camper that it is great that they're having fun and participating in activities. Please do not go on about how much you miss your camper as it may make them feel guilty when they are having fun.

Campers receive incoming mail once daily. Any faxes/mail/e-mail received prior to 11:00 a.m. will be delivered the same day. Those received after 11:00 a.m. will be delivered the following day.

- **By Hand** – **Drop off a series of letters on arrival day** to be distributed throughout the duration of your camper's stay; this is the most efficient method of communication.
- **Canada Post** – Please **allow at least a week** for snail mail arrival; **use camper name, program name, and dates of camp on envelope.** If we get the mail after your camper has gone home then we'll forward to the address the envelope came from using "Return to Sender." Remember to keep your letters friendly and upbeat. ☺ Do not send food to camp.
- **Fax** – You may fax your camper; please **clearly indicate camper name at top of page** and limit fax to one page and **one fax per day.** Please see your individual camp page for contact information
- **E-mail** – E-mails are accepted at camp if arranged through Bunk Notes. A link to this service will be posted on our website in March. Our camp specific e-mail accounts will not be monitored for personal messages for campers or staff.

Getting things FROM your camper

We encourage campers to write to the people you've suggested they should. Campers can correspond through Canada Post mail system only. Remember when **packing for camp to send envelopes** which are **PRE-STAMPED & PRE-ADDRESSED.** We're not set up at any of our camps to have campers send faxes or e-mail.

Girl Guide Program Work

Our programs at Ontario Girl Guides Summer Camps are based on the Girl Guide program books for each branch of Guiding. Campers will receive a passport at camp which will help them track all partial and completed programs during their camp stay. The pages in these passports should be forwarded to your campers' Unit Guider in the fall. The Unit Guider is responsible for providing any badges to the girls. We don't provide badges at camp. Please note, we do not keep copies of your campers' passport; it is her responsibility to look after it.

Tuck Shop

A camp Tuck Shop is like having a little store at camp but money isn't required. Snacks and/or craft items are available. Campers will visit our tuck shop every other day. **Remember that NO MONEY is required to purchase items at camp.** For those interested in purchasing Summer Camp clothing and souvenirs, please watch our website at the end of March for the items we're offering this year. Please do not send money or food to camp with your camper.

Service

Part of our Summer Camps' community living includes assisting with duties and tasks that help keep our camps safe and clean. Campers will be responsible for keeping track of their own items, keeping their own space tidy, hanging out wet items, putting away dry items, and putting away program equipment. Staff members will always be available to assist and remind.

Additionally, the girls will contribute to responsibilities such as: table setting, sweeping, vacuuming, wiping down tables, tidying clothes lines, collecting firewood, washing dishes or wiping down showers or sinks. Your camper will be supervised during these times. These responsibilities will not account for more than 20 minutes each day. Tasks will be assigned using a schedule to be fair to all the members of our community. Ages and abilities will be considered when assigning tasks.

Emergencies

In the event of an emergency at camp, all attempts will be made to contact the parent/guardian first, and then if needed, the emergency contact indicated on the health and registration forms. Please ensure this information is accurate. In case of emergency, we will contact you as soon as possible via phone.

Our ability to contact you is only as good as the accuracy of the information you provide; we will do our absolute utmost to keep you advised of any emergency situation.

The Wellness Team will also consult you if they feel your camper needs out-of-camp healthcare for more routine concerns.

We will not contact you if your camper is seen in the health centre for routine problems (e.g. skinned knee, sliver, head ache) that do not require a physician referral. The decision to consult you in these situations is determined on a case-by-case basis by our Wellness Team.

Lost and Found

Although we try to take good care to remind campers to keep track of their belongings, there always seems to be an item or two that misses going home with its owner.

Any items **left at camp and claimed by the family will be returned to the family at their cost.** We do not assume any responsibility for articles left at camp nor the costs incurred to return them via Canada Post via Cash On Delivery (**COD**). Any items left over at camp will be donated to charity in October.

Contacting the Camp

Our camp phone numbers and faxes will be up and running one week prior to the first day of program. If you have **camp questions before** that, please contact our Toronto office at 1-877-323-4545 ext. 2461 or e-mail summercamps.registrar@guidesontario.org.

If you need to **get in touch with the camp while your camper is there** or outside of typical office hours (e.g. evenings, weekends), please use the contact information below:

Camp Name	Direct E-mail Address (for business only)	Phone	Fax
Adelaide	Summercamps.adelaide@guidesontario.org	705-457-2427	705-457-1738
Doe Lake	Summercamps.doelake@guidesontario.org	705-685-7911	705-685-7332
Woolsey	Summercamps.woolsey@guidesontario.org	613-832-1444	613-832-4209
Wyoka	Summercamps.wyoka@guidesontario.org	519-327-8058	519-327-8186

Wellness, Health & Safety

Homesickness

Sometimes girls miss home and feel a bit sad when they're at camp even though they're having fun and are well looked after. The standard treatment for homesickness is to keep camper busy and occupied. Typical homesickness time is bedtime and rest hour. Our staff members are trained to recognize homesickness. They'll jump in quickly to deal with the issues while they're small before the camper gets too upset.

Our business is happy campers! Occasionally, it might be necessary to contact you if we cannot divert a camper from their feelings of sadness. We may need to contact you to seek support and encouragement for your camper.

Medications

If you indicate your camper requires medication, please ensure that you send sufficient quantities for the time they are at camp. **No medications will be dispensed unless:**

1. The medication is in its **original container**
2. The **exact dosage is indicated** on the container
3. The **label** on the medication bears the **camper's name**
4. The **time the medication is to be taken is indicated** on the container

If your camper requires regular medication, **please ensure that a medication holiday is not scheduled for the time she is at camp.** The Wellness Team supervises all medication. The medication will be self-administered by the camper under the supervision of the Site First Aider, under the direction of the Wellness Team.

NOTE! Allergy shots cannot be administered at camp. Please arrange for all shots to be administered before or after your camper's stay at camp. In cases of absolute necessity, campers will be taken to the local doctor for administration of medication and any associated expenses will be billed to the family.

If your camper is taking the bus to camp, any medication **must** be handed over to the bus staff.

Illness & Injury

If a camper becomes ill or injured while at camp, she will be monitored by the Wellness Team. Campers will be taken to a doctor if the illness persists or the injury is assessed to require the trip. If medication is prescribed, you will be notified, and you will be billed for the cost of the medication. If a camper continues to be ill or the injury doesn't permit then from joining in their program for more than 24 hours, the parent/guardian will be notified and arrangements **MUST** be made for the camper to return home. A refund of pro-rated fees will be considered if a request for the refund is made in writing within one month of the program's completion date. Please note that any requests for a refund due to illness must be accompanied by a doctor's note.

Head lice

Prior to bringing your camper to camp, please check to ensure that her hair is clear of nits and live lice. We will scan campers for head lice discreetly upon arrival at the bus or the camp.

If lice or eggs are detected at camp, those affected will be treated or sent home depending on the severity and the capacity to manage the case. A treatment charge of \$25 may be billed to you if we treat at camp. We will use a chemical solution as part of our management. If dealing with the lice is beyond the capacity of our camp staff at the time of discovery, the participant will be removed from camp and a refund of pro-rated fees will be considered if a request for the fees is made in writing within one month of the program's completion date.

Wellness Checks

Upon arrival at the bus stop or the camp, all participants may have their temperatures taken and the person dropping the child off (e.g. parent/guardian) will have to fill in a wellness statement that addresses questions such as how the child has felt in the past week. These checks are to prevent people with influenza-like illnesses, diarrhea and/or vomiting from being part of the camp program and infecting others.

If your child has vomiting or diarrhea in the week prior to arrival at camp and has a fever, please contact your camp's Wellness Director using the phone number provided on Page 4 of this document to discuss these symptoms as they may or may not be a barrier to full participation.

Safety

If necessary, Girl Guides of Canada, Ontario Council Summer Camps reserve the right to move a camper to another program that is more suitable for her safety and enjoyment. Based on recommendations from the Wellness Team and the Camp Administration, we reserve the right to send a camper home if it is determined that her health or behaviour is detrimental to her own or other campers' full enjoyment of the camp program. We reserve the right to send a camper home that could place herself or others at risk, who breaches the rules of camp, or who doesn't follow the "Expectations of Participation". If your camper is sent home due to a breach of the "Expectations of Participation" there is no refund of any camp fees.

Dietary sensitivities/allergies & restrictions

Some campers have allergies or sensitivities. We asked parents and guardians to record this information on our registration form. This information will go directly to your camper's camp. We provide healthy, balanced meals and snacks. Most meals also offer a vegetarian option; **however we cannot address all dietary needs**. Please feel free to contact us if you have any concerns. We attempt to provide a nut aware and shell-fish aware environment, but we do not screen for secondary contamination at the point of product manufacture, and cannot therefore guarantee a nut-free status.

In order to minimize food allergy related problems, **campers are not to bring, nor are to be sent food parcels while at camp**. We reserve the right to put any food brought into camp into storage until a camper's departure.

Transition to Camp (First Day of Camp)

Whether you are dropping your camper off or sending them on the bus, we want the first day to be a great one. That's why, when you come on site, you'll be welcomed by our staff team and we'll help your camper get to their site or building and find a sleeping space.

Dropping off your camper by car

- When you get to camp, we'll greet you in the parking lot, where you'll say good bye to your camper. A staff member will be there to help the campers with their bags or we will deliver the bags to your campers' site for them.
- We won't be able to host anyone on site prior to 3:00 p.m. on the first day.
- After a camper is dropped off at camp, we'll ask that parents sign out that they're leaving (this is a transfer of responsibility for that campers' care) by 4:00 p.m.
- Camp starts at 4:00 p.m. and all non-staff members must leave site. ☺

Going to camp on the bus

- We'll expect you in the parking lot of your bus stop at the arranged time. We can't wait – sorry.
- We'll have each parent/guardian sign their camper onto the bus.
- Any medications, in their original container, **MUST** be handed over to the bus staff.
- Our staff will ensure that there are no food products coming on the bus. We'll provide snacks for longer trips.
- Once at camp, staff members will help campers get their bags to their sites or cabins and to find their assigned sleeping space.

Transition to Home (Last Day of Camp)

We're hoping to provide to you on the last day of camp a tired, but enthusiastic child. Some campers are very emotional on the last day of camp and have troubles talking about camp. Others will bubble over with information, songs, and stories. The stories will eventually come out. You may want to ask your camper to look at their passport or their pictures with you and ask them to explain what you see. This is a good way of getting them to open up.

Picking your camper up by car

- We'll be able to host you on site after 9:30 a.m. If you arrive before that time, we will have to ask you to leave or have you wait in the parking lot. Programming ends at **9:45 a.m.** and we ask you to sign out by 10:45 a.m.
- Feel free to have your camper take you on a quick tour of camp. Your camper will introduce you to their counselor, show you where they slept and tour you around the program areas.
- Campers will only be released to individuals authorized to pick up your camper as indicated on your camper's completed H.1 form (Health Form).
- Once you've seen the site, please sign-out at the parking lot before heading out.
- Important- PLEASE don't be late. Campers get very sad and anxious when they're the last ones left. Please call the camp directly if you'll be late.

Coming home on the bus

- We'll be having a good time on the bus singing songs, telling stories, finishing off some crafts.
- Please be at the bus stop at the times listed below for pick up. Campers will get very anxious if they aren't picked up on time.
- Campers will only be released to individuals authorized to pick up your camper as indicated on your camper's completed H.1 form (Health Form).

Busing Schedules

Camp	Type of bus	Bus stop & details	Drop off time (bus TO camp)	Pick up time (bus FROM camp)
Adelaide (Pickering, Oshawa, Peterborough)	Coach	Pickering: Pickering Town Centre, 1355 Kingston Road	12:15 p.m.	1:45 p.m.
		Oshawa: Oshawa Centre, 419 King Street West	12:45 p.m.	1:15 p.m.
		Peterborough: Peterborough and the Kawarthas Tourism, 1400 Crawford Drive	2:00 p.m.	12:00 p.m.
Doe Lake #1 (Toronto, Barrie, Orillia)	Coach	Toronto: Yorkdale Mall, 1 Yorkdale Road	12:00 p.m.	1:45 p.m.
		Barrie: Travelodge Barrie, 55 Hart Drive	1:00 p.m.	12:30 p.m.
		Orillia: Orillia Square Mall, 1029 Brodie Drive	2:15 p.m.	11:30 p.m.
Doe Lake #2 (Sudbury, North Bay)	Excursion Bus	Sudbury: Southridge Mall, 1933 Regent Street	12:00 p.m.	1:00 p.m.
		North Bay: Holiday Inn Express, 1325 Seymour Street	1:45 p.m.	11:15 p.m.
Woolsey (Belleville, Kingston, Smiths Falls, Carleton Place)	Coach	Belleville: Quinte Mall, 390 North Front Street	12:15 p.m.	1:45 p.m.
		Kingston: Cataraqui Town Centre, 945 Gardiners Road	1:30 p.m.	1:00 p.m.
		Smiths Falls: Country Fair Market, 275 Brockville Street	2:30 p.m.	11:45 p.m.
		Carleton Place: 7 West Motel, 10470 Hwy. #7	3:00 p.m.	11:00 p.m.
Wyoka #1 (Mississauga)	School Bus	Mississauga: Central Parkway Mall, 377 Burnhamthorpe Road East	2:00 p.m.	12:00 p.m.
Wyoka #2 (Hamilton, Cambridge, Guelph)	School Bus	Hamilton: Centre Mall, 1187 Barton Street East	12:45 p.m.	1:15 p.m.
		Cambridge: Galt Curling Club, 1610 Dunbar Road	1:45 p.m.	12:15 p.m.
		Guelph: Stone Road Mall, 435 Stone Road	2:30 p.m.	11:30 p.m.
Wyoka #3 (London, Stratford)	School Bus	London: McDonalds, 4382 Wellington Road S	1:00 p.m.	12:45 p.m.
		Stratford: Municipal Parking Lot, next door to Best Western Parlor Historic Inn – St. Patrick's St.	2:15 p.m.	11:30 p.m.

- Busing must be booked ahead of time.
- Transportation is only available on Saturdays and Sundays.
- Transportation is not available for Family Camp programs.
- We can't take cash payment at the bus.
- Once a camper is signed onto the bus, they can't come back off the bus.
- Please, be on time. If you are late for the bus, we will leave without you to be fair to all campers.
- No food is allowed on the bus although we will provide some nut-free snacks for longer trips.
- Buses only stop at designated bus stops.
- Coach & excursion buses are air-conditioned.
- Coach buses have washrooms on board.
- Campers will only be released to individuals authorized to pick up your camper as indicated on the H.1 form (Health Form) which will be sent as part of our confirmation package.

Packing Guidelines, What to Bring & What Not to Bring to Camp

General Packing Guidelines

1. **Label everything** with your **campers' name**.
2. **Sleeping bags** should be warm enough for cool outdoor temperatures.
3. Mosquitoes are part of camp. It is important that campers bring plenty of **insect repellent** (non-aerosol only).
4. If your camper is prone to bedwetting, please send extra sheets and/or a second sleeping bag with her. We will wash soiled items as necessary.
5. **Do not send valuables** to camp. (e.g. expensive cameras, jewelry, clothing, electronics, etc.)
6. The following will be enforced during camp and we ask that you pack accordingly:
 - **SHOES:** For protection of feet, campers are required to wear closed-toe and closed-heel shoes at all times while participating in land-based activities. Please note that girls wear water shoes or sandals when travelling to/from waterfront activities.
 - **SHIRTS:** For sun protection, campers must have their shoulders covered at all times. Tank tops, tube tops, halter tops and crop tops are only permitted under t-shirts.
 - **SOCKS:** For hygiene purposes, campers are required to wear socks, except when wearing sandals.
 - **HATS:** Are necessary for sun protection and **MUST** be worn at all times during daylight hours (i.e. breakfast until after dinner). Wide brim hats are recommended.
7. Campers are responsible for their own belongings. Any items left at camp and claimed by the family will be returned to the family at their cost. We do not assume any responsibility for articles left at camp nor the costs incurred to return them via Canada Post via Cash On Delivery (COD). Any items left over at camp will be donated to charity in October.
8. Please do not pack using plastic garbage bags as they tear or puncture and often get mixed up with garbage.
9. We don't have laundry service for any program but we do have washing facilities for clothing in case of emergencies.

What NOT to send to camp:

- × **Money** – there is no need for any
- × **Food**- no outside food is allowed at camp
- × **Knives** of any type (cutlery exempt)
- × Matches, butane, flammable products
- × Smoking, drugs or alcohol products or paraphernalia
- × Squirt guns, super soakers
- × Products for pranks
- × Electronic equipment or game players, iPods/MP3 player, cell phone, Blackberry or chargers for these items
- × Heavily scented items such as but not limited to spray colognes and body deodorants
- × Aerosol cans
- × Music CDs
- × Boom boxes, clock radios
- × Lock boxes
- × Blow dryers, hair straighteners, curling irons
- × Clothing with inappropriate slogans or offensive comments. We reserve the right to define this.
- × Skimpy clothing. We want campers to feel comfortable being active participants not worry about their clothing.

What to bring to camp

IMPORTANT: Quantities indicated are based on a one-week camp program. Please pack accordingly to meet the needs and the length of stay for your camper.

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- 1 **hat** to be worn outdoors at all times from breakfast until after supper. Any hat with a wide brim is recommended. Although not required, official Girl Guide camp hats are available at : <http://www.thegirlguidestore.ca>
 - 5-6 **t-shirts**- modest, no belly shirts or tank tops please
 - 2-3 pair of **shorts**- modest, no mini or micro shorts please
 - 2 pair of **pants**- preferably not jeans
 - Minimum of 7 changes of **underwear**
 - Minimum of 7 pairs of **socks**
 - 2 pairs of **pyjamas**, 1 light pair
 - 1 warm **sweater** or **sweatshirt**
 - 1 **rain coat** with hood or rain coat & rain hat
 - 1 **Jacket** for cooler nights
 - 1 pair of **rubber boots**
 - 2 pairs closed-toe **shoes** (running shoes)
 - 1 pair **croc-type shoes/sandals** with back straps to wear to/from the waterfront
 - toiletory items** (toothbrush, tooth paste, soap, feminine hygiene products, pull ups, etc.), please note that showers are extremely limited at all of our camps; **shampoo and conditioner will be provided by the camp**
 - 1 **hand towel**
 - 1 **face cloth** (pack in a ziploc type bag)
 - 1-2 **beach towels**
 - 2-3 **bathing suits** (two piece suits (e.g. tankini) are fine but no bikinis/string bikinis, please
 - sunscreen** (non-aerosol only)
 - insect repellent** (non-aerosol only)
 - sleeping bag** (rolled into a bedroll or placed in a stuff sack) if camper is staying in a tent OR
 - fitted single sheet and 2 blankets** if staying indoors
 - 1 **flat sheet** for inside sleeping bag or for hot nights
 - air mattress** or **sleeping pad** for campers **staying in tents**- think of the thin blue foam mat, or the thinner blow up type you use in a pool or a self inflating mat like a therm-a-rest (not the type that you might use as a guest bed). Your air mattress must not exceed 72 inches in length and 30 inches in width
 - 1 waterproof **groundsheet** for campers staying in tents
 - 1 **pillow** in pillowcase
 - 1 reusable **water bottle**
 - 1 **waterproof square** to sit on ("sit upon")
 - 1 small **knapsack**
 - flashlight** or headlight with extra batteries
 - WYOKA & WOOLSEY ONLY** - unbreakable **dishes and cutlery** (plate, bowl, mug, knife, fork, spoon) in a mesh bag
-
- camera** with film or digital camera (don't forget to bring a charger!)
 - fanny pack** for asthma inhalers or epi pens (if applicable)
 - small **stuffed animal** – don't send your favourite though...just in case
 - pens, paper, with pre-addressed and pre-stamped envelopes**
 - bug net hat or bug shirt**
 - book** to read or **activity books** for daily quiet time or at bedtime

What to Pack - Voyageur Programs

Our voyageur programs require some additional gear. Please don't feel you need to spend lots of extra money on these items. We encourage you to consider borrowed or used clothing. The fit or style doesn't really matter on the trip. **Voyageur campers will still need to bring some of the "in camp" items from the "What to bring to camp" list in this document to use while they're in camp.**

Canoe Voyageurs

Clothes for the "on the Canoe Trip" time

- 1 hat with brim
- 1 bandana
- 1 long sleeved shirt (preferably quick-dry, not cotton)
- 2 t-shirts (preferably quick-dry, not cotton)
- 1 light weight sweater (preferably fleece)
- 1 pair of pants (preferably quick-dry, not cotton)
- 1 pair comfortable walking shorts (preferably quick-dry)
- 1 pair of PJs (long john synthetic material suggested)
- 1 pair long john bottoms (made of synthetic materials, not cotton)
- 8 pairs socks (4 wool, 4 nylon or synthetic liners)
- bathing suit (preferably 2 piece sport bathing suit (e.g. tankini) but not a bikini)
- 1 toque
- 1 small pair gloves (dollar store, stretchy type are fine)
- 1 rain suit -jacket and pants (preferably compact)
- 1 pair close-toed shoes (water shoes work well)

Other "on the Canoe Trip" items

- sunscreen (minimum 30 SPF, waterproof recommended)
- lip balm with SPF
- sunglasses (optional)
- personal sized plastic ground sheet or silver emergency blanket (emergency blanket preferred)
- sleeping bag rated for zero degrees Celsius or cooler (preferably easily compacted)
- Dry Bag or Seal Sack (preferably 20-L size, 30-L size can work)
- small flashlight (head lamps are preferred)
- Compression Sack for sleeping bag (optional)
- Fox 40 whistle (any whistle that works when wet)
- A 1-Litre water bottle (Nalgene preferred as they work with water filtration systems)
- Fanny pack
- Camera (and a means to waterproof it)- OPTIONAL
- small paperback novel (may get wet) – OPTIONAL
- 1 pair well-fitted, fully broken-in hiking boots with good ankle support (for portaging and hiking) OR sturdy all-terrain shoes also work very well for canoe tripping e.g. *Salomon Techamphibians*, or other brand.

Our 16 day canoe trip participants and our Canoe Trip Leadership Voyageur participants may require some extra items. If required, a list of additional items will be e-mailed to you in May.

Bicycle Voyageurs

Please see the standard clothing list for what to bring for the “in camp” time. This list is in addition to that list and reflects what a girl will need as part of her cycling trip.

Items and clothes for cycling

- 1 small back pack and/or large fanny pack
- 1 rain suit -jacket and pants (preferably compact)
- 1 track suit
- 1 pair of waterproof shoes, e.g. duckies
- 1 light weight sleeping bag
- 1 backpackers thin sleeping pad
- 1 1 Litre water bottle

Optional Items

- 1 gel seat
- 1 properly fitting cycling helmet (*we have enough for everyone but some people choose to bring their own*)
- 1 pair cycling gloves

What to Pack - Horseback Riding Programs

Please see the standard clothing list for what to bring for the “in camp” time. This list is in addition to that list and reflects what a girl will need as part of her horseback riding experience.

Items and clothing for Horseback Riding

- 1 pair footwear with distinct heels – can be shoes or boots, no running shoes
- 1 pair longpants, leggings or breeches that cover the ankle
- Extra socks that cover the ankle
- Extra shirts
- 1 approved equestrian helmet (Woolsey & Wyoka only)

Leadership Development Programs

The leadership skills that will be learned can be used in all parts of life. Camp is about learning by doing, so participants learn leadership skills in a safe environment through a variety of fun and challenging activities, workshops and discussions. They will have opportunities to work with campers under the mentorship of camp staff. They will get practice in leading groups and teaching games and skills.

They also get to create, plan and present their own special events and programs for other campers and staff. Participants will receive frequent feedback and evaluations, do self-evaluations and keep a journal to help them get the most from their experiences.

Mom & Me Programs

The adult and girl are both considered active participants in this program. It is expected that **the adult is going to be present and involved in the programming along with the child(ren) she brings with her.** Though we do place staff facilitators on these programs to set the schedule and assist with transitional times, the **adult is responsible for the girls that she brings at all times** so it is expected that she is on site and available during the entire program.

- It is expected that **adult and child participants will walk to activities.** Vehicles need to remain parked after move in.
- Please use the Packing Guidelines provided on Page 9 of this document for the Mom & Me program. Remember, the list is generated for a week long camper so you may want to modify it for shorter programs.
- Parents/guardians are responsible for bedtimes, medications, free time supervision as well as overnight supervision.