

Summer 2026

# Overnight Camper Departure and Arrival Times



**Step 1:** Find your session **length**

**Step 2:** Find your session **week**

**Step 3:** Using your camper's **age**,  
determine their arrival window\*

\*Families with more than one camper arriving on the same day should arrive at the arrival time listed for their youngest camper!



## An Important Note for all Families:

On arrival day, our staff are busy setting up the camp and getting ready for your awesome campers to arrive! As a result, **our gates will not be open prior to the earliest arrival time listed.** Please strive to arrive on or after your scheduled arrival time.



## Top Arrival Day Tips!

1.

### Get a goodnight's sleep & have a full breakfast and lunch!

Arrival day is very busy - getting enough sleep & nutrition is key to success. The first meal served at camp will be dinner.

2.

### Make sure you are fully packed the night before.

Getting packed the night before will help ensure the morning of camp arrival goes smoothly & that nothing gets forgotten. Make sure to double check that packing list!

3.

### Review your route & leave plenty of travel time.

All overnight camps are located at 1010 Birchview Road, Douro-Dummer, Ontario. Peterborough & Lakefield are both great spots for a rest stop or lunch.

# Jump to your session!



## 3 Nights

Session N (August 23<sup>rd</sup> to 26th)

## 1 Week

Session A (June 28<sup>th</sup> - July 4<sup>th</sup>)

Session B1 (July 5<sup>th</sup> - 11<sup>th</sup>)

Session B2 (July 12<sup>th</sup> - 17th)

Session C & Jr Trip 1 (July 19<sup>th</sup> - 24th)

Session D1 & Beginner Canoe 2 (July 26<sup>th</sup> - August 1st)

Session D2 & Beginner Canoe 1 (August 2<sup>nd</sup> - 7<sup>th</sup>)

Session E & Jr trip 2 (August 9<sup>th</sup> - 15<sup>th</sup>)

Session F (August 16<sup>th</sup> - 21<sup>st</sup>)

## 2 Weeks

Session B (July 5 - 17)

Session D (July 26 - August 7)

## 3+ Weeks

PLC - 3 Weeks (July & August)

Leadership (CSD, LIT & WLIT)

Please read our family  
guidebook

We look forward to  
having you!

## 3-Night Sessions

### Session N

Sunday, August 23<sup>rd</sup> to Wednesday, August 26<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Wednesday
6-8 Year Olds	12:30	1:30pm
9-10 Year Olds	1:30pm	2:30pm
11+ Years Old	2:30pm	3:30pm

## 1 Week Sessions

### Session A

Sunday, June 28<sup>th</sup> - Saturday, July 4<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
7-10 Year Olds	12:30pm	1:30pm
11 & 12 year olds	1:30pm	2:30pm
13+ year olds	2:30pm	3:30pm

### Session B1

Sunday, July 5<sup>th</sup> - Saturday, July 11<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
8 - 10 Year Olds	12:30pm	1:30pm
11-12 Year Olds	1:30pm	2:30pm
12+ Year Olds	2:30pm	3:30pm

## Session B2

Sunday, July 12<sup>th</sup> – Friday, July 17<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
8-10 Year Olds	1:00pm	1:30pm
11-12 Year Olds	2:00pm	2:30pm
13+ Year Olds	3:00pm	3:30pm

## Session C & Jr trip 1

Sunday, July 19<sup>th</sup> – Friday, July 24<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
8 & 9 year olds	12:30pm	1:30pm
10-11 Year Olds	1:30pm	2:30pm
12+ Year Olds	2:30pm	3:30pm

## Session D1 & Beginner Canoe and Camp 2

Sunday, July 26<sup>th</sup> – Saturday, August 1<sup>st</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
7-9 Year Olds	12:30pm	1:30pm
10-11 Year Olds	1:30pm	2:15pm
12+ Year Olds	2:30pm	3:00pm

# Session D2 & Beginner Canoe lvl 1

Sunday, August 2<sup>nd</sup> to Friday, August 7<sup>th</sup>

Age Group	Arrival Time	Departure Time
9 - 11 Year Olds	1:30	1:30
12 Year Olds	2:00	2:30
13-15 Year Olds	2:30	3:30

# Session E & Jr Canoe Trip 2

Sunday August 9<sup>th</sup> - Saturday August 15<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
8-9 Year Olds	12:30pm	1:30pm
10-12 Year Olds	1:30pm	2:30pm
12-14 Year Olds	2:30pm	3:30pm

# Session F

Sunday August 16<sup>th</sup> - Friday August 21<sup>st</sup>

Age Group	Arrival Time	Departure Time
7-10 Year Olds	12:30pm	1:30pm
11-12 Year Olds	1:30pm	2:30pm
13-14 Year Olds	2:30pm	3:30pm

# 2 Week Sessions

## Session B

Sunday, July 5<sup>th</sup> - Friday, July 17<sup>th</sup>

Age Group	Arrival Time	Departure Time
8-10 Year Olds	12:30pm	1:30pm
11-12 Year Olds	1:30pm	2:30pm
13-14 Year Olds	2:30pm	3:30pm

## Session D

Sunday July 26<sup>th</sup> - Friday August 7<sup>th</sup>

Age Group	Arrival Time	Departure Time
7-9 Year Olds	12:30pm	1:30pm
10-11 Year Olds	1:30pm	2:30pm
12-15 Year Olds	2:30pm	3:30pm

## 3 Week Sessions (PLC)

### PLC 1 (July)

Sunday, June 28<sup>th</sup> – Friday July 17<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
All	3:00pm	3:30pm

### PLC 2 (August)

Sunday, July 26<sup>th</sup> – Saturday, August 15<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
All	3:00pm	3:00pm

# 4 Week Sessions (CSD, LIT, WLIT)

## July LIT

Friday, June 26<sup>th</sup> – Wednesday July 22<sup>nd</sup>

Age Group	Arrival Time Friday	Departure Time Wednesday
All ages	1:30	2:00

## July CSD

Friday, June 26<sup>th</sup> – Wednesday July 22<sup>nd</sup>

Age Group	Arrival Time Friday	Departure Time Wednesday
All ages	1:00pm	1:30pm

## August CSD

Sunday, July 26<sup>th</sup> – Friday, August 21<sup>st</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
All ages	3:30pm	1:30pm

## August WLIT

Sunday, July 26<sup>th</sup> – Friday, August 21<sup>st</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
All ages	3:00pm	2:00pm

Camp Kawartha

# Overnight Camper Packing List



## Packing for Camp: You've got this!

We know that packing for camp can be stressful! Families are busy, and we appreciate all that our families do to help make sure their camper is prepared with everything they will need for an awesome session! We've put together a collection of important information, tips, and considerations for packing for camp.

If you have any questions about packing for camp, reach out to our team and we'll be happy to help!

## Top Packing Tips!

- 1. Start early!**

The best way to pack smoothly & ensure you have everything on your list is to start prepping for camp with your camper at least 1 week before the start of their session.
- 2. Label EVERYTHING!**

Lost & found at camp is inevitable - but having everything labelled will help ensure your camper comes home with everything they came with. Labels with a permanent marker or iron-on labels are best.
- 3. Pack WITH your camper - not FOR them!**

Camp is a great chance for children to build independence - starting with packing! Engaging your child in the packing process is a great way of ensuring they know what they've brought to camp, where to find it, and that they know how to pack up again at the end of camp!
- 4. Used is best!**

Camp can get messy from time to time - and it's easy for things to get misplaced. We recommend sending your camper with older clothing & belongings that won't be terribly missed if they get lost.
- 5. If you forget something, don't panic!**

We have lots of extra supplies at camp, and if your camper forgets something, we will be happy to work with you to make sure they have what they need. If your camper needs anything really specific, it's best to pack it **first** to make sure it's not forgotten.

# Packing Recommendations

## Luggage

Avoid packing belongings in garbage bags wherever possible, as they can easily rip or get mixed up. We recommend a suitcase or duffel bag that is large enough to hold everything, as the walk to the cabins is down a large hill. Make sure all luggage is clearly marked with the campers name on it.

## Laundry

We recommend sending your camper with a mesh laundry bag or pillowcase to put their dirty clothes in throughout their session. Campers in 1 & 2 week programs will not have the opportunity to do laundry while at camp (PLC, CSD, and LIT campers will have a town day where they go and do laundry). Campers will hang wet swimwear & towels on clotheslines outside their cabins, and will be given a garbage bag to pack away their wet clothes in when departing from camp.

## Swimwear

**Bright coloured swimwear is recommended for water safety purposes.** Consider a sun shirt for additional sun protection, as your child may spend much of the day on or around our waterfront! Your child may be in and out of the water several times per day, so it's important to ensure they have enough swimwear & towels for their session.

Campers are strongly encouraged (but not required) to bring their own lifejacket. Make sure it's very well-labeled and well-fitting.

## Footwear

Every camper **needs** to have a well-fitting pair of running shoes for their time at camp! Campers will do a lot of running during some of our activities and evening programs. Make sure that shoes are well broken-in before coming to camp to prevent blisters and foot injury. Campers should also bring proper fitting rainboots, and a pair of waterproof shoes (sandals or crocs are ideal) for the shower and for the waterfront.

## Bedding

**Each camper should bring a twin-sized fitted sheet, pillow, and sleeping bag to camp.**

Campers are welcome to bring additional bedding to ensure that they can get a good night's sleep! Campers who are staying for 3 - 4 weeks may prefer to bring a duvet for their cabin sleeping set-up, but should still be sure to bring a sleeping bag as it will be needed for canoe trip!

**To help us prevent bedbugs at camp, we ask that before coming to camp, every family launders their child's bedding and puts it in the dryer on high heat for a minimum of 30 minutes.**

## Toiletries & Shower Gear

Campers will be scheduled for showers at least twice a week, so should come prepared with everything they need to have a shower! To help carry their belongings to and from our shower facility, campers are encouraged to bring a shower tote to camp. For hygiene purposes, campers should also bring a pair of shower shoes for use while showering. Toothbrush covers are also recommended!

## Weather Considerations

To ensure your camper is prepared for any weather we might have, make sure to check the forecast ahead of your child's session to know what to expect & pack for! **Every camper should be sure to bring a well-fitted raincoat that does a good job of keeping them dry.** Campers who are prone to getting cold should consider bringing a pair or rainpants as well, as many of our activities are rain or shine! We also recommend that every camper brings a slightly warmer jacket/windbreaker for nights around the campfire! Umbrellas are not recommended for camp.

## Canoe Trip

**The only campers who will go on an overnight canoe trip are Introduction to Canoe Trip 1 and 2 campers, PLC (3-week) campers, and Leadership (CSD, LIT, WLIT; 4-week) campers.** Campers enrolled in these programs should refer to the 'Canoe Trip' section at the end of this document to know what to pack for trip.

# Medication

**If your camper is bringing ANY medication to camp (including prescriptions, over the counter, and homeopathic), please refer to our Camper Medication Form available on our website.**

All families of campers who need medication at camp will be required to visit the Healthcare Team upon camp arrival to discuss your child's healthcare needs.

## Prohibited Items

In line with our camper & family code of conduct, we ask that families be aware of the following prohibited items while packing. Any camper who arrives at camp with prohibited items will have prohibited items confiscated, and the camper may be sent home at the discretion of the summer camp director.

Exceptions may be made on a case by case basis for medical, religious, or accessibility related accommodations. Please reach out to our summer camp director if your camper will require an exception to these policies.

### Prohibited items include:

- Cigarettes, matches, or lighters, knives or weapons, drugs or alcohol, hairdryers, curling irons, or hair straighteners (fire hazard), perfumes or aerosol deodorants (irritants to those with allergies); vapes, zyn's, or any other tobacco product
- Cell phones, personal media players, speakers, ipads, gaming systems etc...\*

\*Camp Kawartha is committed to preserving the spirit of camp – in our opinion, a cell phone, personal media players and other electronic devices inhibits one's link with camp experiences and diminishes the capacity to grow within a team and camp environment. For these reasons we prohibit campers from bringing cell phones and other electronics to camp.

### Additional discouraged items include:

- Jewellery, money or anything that will be missed terribly if lost
- Food\*\*

\*\*Camp Kawartha is a nut-aware facility. For this reason, we ask that campers not bring snacks or food of any kind to camp. If campers do bring food to camp, it will be checked by our counsellors for contamination of nuts, and will be stored out of the cabin to be brought out during rest hour.

# Returning Home from Camp

1.

## Prepare for incoming laundry!

You can expect your camp to come home with a LOT of laundry! Campers may change clothes 3+ times a day between all our activities - having a laundry strategy in place will help ease the transition back home.

2.

## Consider a laundromat

Going to a laundromat once you get home (or even, on your way home!) will help you to do all camp laundry in one go - especially for campers who have been at camp for two or more weeks!

3.

## Don't leave camp bags for more than 1 night

Our staff will help campers pack wet belongings into a garbage bag within their suitcase, but to prevent mold, camp laundry should be done ASAP!

## An Important Note for all Families:

We do everything that we can to prevent bed bugs at Camp Kawartha, and we recommend that all families take precautions when returning home from camp.

**Upon arriving home, we encourage all families to wash all clothing and bedding in hot water, and dry clothing and bedding on the highest heat (must be dried for at least 30 minutes on the highest heat in order to ensure it is effective). It is also best to vacuum and inspect luggage and backpacks before bringing them inside your living space.**

## Lost & Found

Camp Kawartha is not responsible for lost items or items left behind at the end of sessions. We strongly urge parents and campers to label their clothing and belongings, and check the 'lost and found' table before departing on the last day. If you do forget something, you will be responsible for making arrangements to pick up or pay for the return of any items left behind. Items will be held for 3 weeks after the end of each session, and then donated to local charities.

# Overnight Camper Packing List

	3 Nights	1 Week	2 Weeks	3-4 Weeks
<input type="checkbox"/> <b>T-Shirts</b> (best for sun protection)	3	4	8 - 10	10+
<input type="checkbox"/> <b>Shorts</b>	2	4	6	6
<input type="checkbox"/> <b>Long Sleeve Shirts</b>	1	2	4	5+
<input type="checkbox"/> <b>Sweaters</b>	1	2	3	4+
<input type="checkbox"/> <b>Pants</b>	1	2	4	4
<input type="checkbox"/> <b>Pairs of Socks</b>	4	8	15+	15+
<input type="checkbox"/> <b>Underwear</b>	5	8	16+	16+
<input type="checkbox"/> <b>Pyjamas</b> (light & warm pair)	2	2	4	6
<input type="checkbox"/> <b>Bathing Suit</b>	1	2	3	3+
<input type="checkbox"/> <b>Beach Towel</b>	1	2	3 - 4	4+
<input type="checkbox"/> <b>Jacket</b> (for cooler evenings)				
<input type="checkbox"/> <b>Running Shoes</b>				
<input type="checkbox"/> <b>Sandals or Crocs</b> (for waterfront & showers)				
<input type="checkbox"/> <b>Rainboots</b>				
<input type="checkbox"/> <b>Raincoat</b> (& rainpants if preferred)				



# Overnight Camper Packing List

- Hat & Sunglasses** (Essential for sun protection)
- Sunscreen** (Waterproof & SPF 30 or higher)
- Insect repellent**
- Re-fillable waterbottle** (minimum 750 mL; 1L recommended)
- Sleeping Bag, Twin-Sized Fitted Sheet & Pillow**
- Flashlight**
- Toiletries:** Toiletry bag, shower tote, hairbrush, toothbrush & cover, toothpaste, shampoo & conditioner, washcloth, soap, towel, deodorant, chapstick, lotion, menstrual products for those who need it
- Laundry bag or pillow case for dirty clothing**
- Regular or emergency medication** (see medication packing information)

## Optional Items:

- Pre-addressed & stamped envelopes to write home**
- Journal, pen, books, drawing supplies etc...** (for rest hour)
- White Cotton items for tie dye** (T-shirts work best)
- Musical Instrument for Campfire Performances** (please nothing valuable!)
- Disposable Camera**
- Comfort Items** (stuffed animals, photos etc... great for campers who may experience homesickness!)



# Canoe Trip Packing List:

## Notes for Families

This list recommends the ideal equipment for campers to bring when going on canoe trip. Some of the items on this list are pretty specific - families should strive to send whatever they have on hand that is closest to what is detailed on this list.

If you have any concerns about canoe tripping equipment & packing for trip, please reach out to our team.

### Packing Light

Our canoe trip groups carry everything they need with them throughout their entire trip (food, equipment, personal belongings, tents etc...). As a result, canoe trips pack very lightly! Everything included on this list is designed with that in mind.

Our canoe trippers will bring shared supplies for toothpaste, bug spray, and sunscreen - but if your camper requires a specific brand, they will be welcome to bring it. Campers will not be permitted to bring pillows or towels on canoe trip (too bulky to pack - inflatable pillows are OK!). Scented products (perfumes, deodorants etc...) are also not permitted as they attract animals.

### Bathing Suits

During the day, there are often opportunities for campers to swim (especially after a long, sweaty portage). Because of this, we recommend wearing bathing suits under clothes instead of underwear while canoeing. We recommend 2-piece bathing suits for girls as they are more comfortable and make it easier to use the washroom.



## Dry Sacks

We encourage campers going on a canoe trip to bring their own Dry Sacks. The Sack should have a roll-top closure, should be 100% waterproof, and large enough to fit all their items specified in the 'To Pack in Dry Sack' section below – 30 Litre Dry Sacks are ideal – including sleeping bags. Inexpensive yet effective dry sacks can be purchased at Wamart or Canadian Tire.

## Safety Essentials

Some of the items on our packing list are essential for ensuring the safety and comfort of our campers during trip. These essentials include a pea-less Fox 40 whistle, raincoat, and a water bottle. Please ensure that your camper comes to camp with these items as we have a limited supply of extras to lend out.

## Sleeping Bags & pads

Compact down or synthetic sleeping bags are best, as they can stuff up very small and fit easily within a dry sack. "Stuffable" sleeping bags (rather than rolled) can dry quickly if wet, pack small, and are best suited to canoe tripping. Please avoid sending heavy rectangular sleeping bags, or any sleeping bag that can only 'roll-up'.

Sleeping pads may be brought on trip, but must pack into a very small bag (i.e. approximately the size of a 1L water bottle or just a bit bigger). Roll-up sleeping pads or bulky inflatables will not be permitted on canoe trip due to size constraints.



# Canoe Trip Packing List

**This packing list is only for campers in PLC, CSD, (W)LIT or any canoe tripping program. This list is only for their time on trip, please make sure to pack adequately for your campers time on site.**

## **'Wet Clothes'**

(To be worn during the day while travelling)

- Bathing Suit** (2-piece recommended)
- Shorts** (quick dry is best)
- T-Shirt** (quick dry is best - this shirt will get very dirty!)
- Socks** (wool is best as it dries quickly)
- 'Wet Shoes'** (an older pair of running shoes is best as these shoes will get very mucky! MUST have ankle support.)
- Water Bottle** (1 Litre is required)
- Raincoat with Hood** (must be sturdy, long sleeve, and waterproof - please no rain ponchos)
- Whistle** (Pea-less, Fox 40 whistle required)
- Lifejacket** (not required but preferred if campers can bring their own to help ensure comfort & a proper fit)
- Hat** (sun hat or ball cap)
- Rain Pants** (essential for keeping warm and dry on cold, rainy days, and also help with bug protection - packable rain pants are best )



## 'Dry Clothes'

(To pack in the dry sack & be worn/used at night while on the campsite)

- Dry Sack** (See notes on dry sacks)
- Sleeping Bag** (See notes on sleeping bags)
- Sweater** (fleece or other non-cotton sweaters are best)
- Long Sleeve Shirt**
- Pants** (No leggings/yoga pants (bugs bite through them) or jeans - sweatpants or thick track pants are best)
- Underwear** (1 per day of trip, more if needed)
- Socks** (Wool is best)
- 'Dry Shoes'** (running shoes or hiking shoes for campsite)
- Toothbrush** (in a case!)
- Flashlight/Headlamp** (headlamp is ideal)

## Optional Items

- Mosquito Shirt or Head Net** (Great for July canoe trips when it's buggier)
- Toque** (ideal for campers who get cold)
- Small Book or Journal**

