




## Family Guidebook

## Land Acknowledgement

Camp Kawartha is located on the traditional territories of the Michi Zaagiik Anishinaabeg (Mississauga Ojibway), adjacent to the territory of the Haudenosaunee on the land recognized by the Williams Treaty. Camp Kawartha acknowledges the brutal conditions and ongoing impacts which the Williams Treaty placed on Indigenous peoples.

As a camp established by settlers in 1921, we acknowledge our own history as an institution on stolen Indigenous land, as well as the role camps have played in appropriating Indigenous cultures. We acknowledge that this history of settler-colonial thinking is not a thing of our distant past but one that actively impacts our community today. Camp Kawartha strives towards reconciliation and understands that this means active de-colonial thinking on every aspect of our operation.

We offer our gratitude to the original caretakers of this land and acknowledge our ongoing responsibility to foster kinship, honour Indigenous voices and educate both ourselves and our community on the history of this land. We aim to be guided by humility and equity, and act in a manner that fosters the rejuvenation of the land, so future generations may come to know this land.

Land Acknowledgements are only a starting place in decolonizing our practices. Camp Kawartha continues to take steps towards further learning and strives for true reconciliation. 

## Forward from the Summer Camp Director

One of my favourite longstanding Camp Kawartha traditions is our session-closing ceremony, candle lighting. At the end of each session, our entire community gathers, candles in hand, and closes out the session by sharing songs, poetry, and memories from the session as the sun sets over Clear Lake. In my final year as a leadership camper, a staff member that I looked up to shared a poem they wrote that has stuck with me ever since; the poem closing out with the line:

“When I am at camp, I am the best version of myself.”

I found it resonating with me as I watched the flicker of my candle burn down; it is a line that has since been repeated at many candle lightings and campfires over the years.

Those who have been lucky enough to grow up within the Camp Kawartha community will tell you the same thing – that Camp Kawartha draws out the best of all of us. The versions of ourselves that aren’t afraid to be bold, be courageous, to imagine a better future for each other and the world. That wake up at 7am to jump in the freezing lake, or that conquer the rock wall even when it seems daunting. The versions of ourselves that aspire to something greater; in leadership, in teamwork, in our personal growth, and in the natural world around us.

When we are at camp, we are the best versions of ourselves.

Camp Kawartha is unique in so many ways; it has been the privilege of my lifetime to be able to call it home for so many years, and to have Camp Kawartha be an essential part of my formative growth.

I am so grateful for the opportunity to welcome new and returning families to Camp Kawartha for another incredible summer, to work alongside our camp community to create incredible, lifelong memories for each of our campers, and to help each of our campers discover the best version of themselves.

We look forward to seeing you all soon,

A handwritten signature in cursive script that reads "Emma Robert". The signature is written in a dark ink and is positioned above the printed name.

Geller (She/Her)  
Emma Robert

## **Camp Kawartha: Who We Are**

Summer Camp has the distinction of being Camp Kawartha's foundational program and has continued to nurture generations of campers since the camp first opened its gates in 1921.

Starting as a local initiative to get underprivileged boys out of the city to enjoy the benefits of nature for a few weeks each summer, it has always been our goal to create a safe and inclusive community in which children of all ages can develop their personal and practical skills and positively expand their life experiences.

A century on, our passion to help raise the next generation remains undiminished and has evolved to be more inclusive and more supportive than ever before. We continue to work with charitable organizations from across the province to provide children with the opportunity to come to Camp. We take pride in being inclusive of all people from all backgrounds and identities. We treasure the deep connection we share with our camper families and the wider camp community that is now represented on every continent on Earth. We strive to provide a deeper, more informed connection with the natural world, and we actively encourage the development of leadership skills and positive role models in all of our campers.

We are a small camp, but we have deep roots and a big heart. Your summer home away from home, and we can't wait to see you all again soon.

## **How to use the Summer Camp Family Guide**

This guidebook contains all the information that new and returning families will need as they prepare for the upcoming summer! A table of contents can be found on the next couple of pages; if you have any questions, we recommend checking the table of contents to see if the topic has been covered within the guidebook. This book has a sequential order, and progresses from preparing for camp, to what to expect once at camp! Packing lists and additional resources can be found at the back of the guidebook. If you have any further questions about registering and preparing for camp, please contact our registrar, Sarah, at [sarah@campkawartha.ca](mailto:sarah@campkawartha.ca).

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## About Us

### About Camp Kawartha

Rooted in over 100 years of history on Clear Lake, Camp Kawartha is so much more than just a Summer Camp. Spanning back generations, Camp Kawartha has become a home for thousands of children and community members. A place of inspiration, of love, of community and caring, Camp Kawartha embodies possibility – both within ourselves and within the world around us. As we strive to teach campers the foundations of caring for the earth and learning about the natural world, campers in turn learn about themselves and their own potential to enact positive change within their community.

At Camp Kawartha, we strive to give campers a close-knit summer camp experience, and a family-style feel to summer camp. Being a small camp, our community is just the right size for everyone to get to know each other, and for each camper to be seen and appreciated for who they are and what they are passionate about. The small size of our camp allows for camp to feel like ‘home’ for each of our campers as they return year after year, see familiar faces, and form lasting connections with each other and the natural landscape.

We continue to offer the ‘classic camp’ experience in the modern day, with plenty of opportunity for adventure and exploration. Our focus on Environmental Kinship and nature connection allows campers the opportunity to learn about the natural world and develop an understanding of their impact and capacity for positive change. It is our hope that each camper can leave camp feeling like they have a place where they are celebrated, a community where they belong, and inspiration to carry the camp spirit into their everyday life beyond Clear Lake.

### Mission & Vision

**Mission** – Camp Kawartha inspires environmental leaders and stewards of all ages through dynamic, accessible, year-round outdoor programming and powerful partnerships to create meaningful change.

**Vision** – That Camp Kawartha will be recognized as a national leader in the delivery of high quality and inspirational outdoor and environmental programming, practicing, teaching, and promoting sustainable living practices to children and adults of all ages and abilities.

## Location & Natural Landscape

Camp Kawartha has two facilities – our Environment Centre is located in Peterborough, and our primary facility on Clear Lake is located at 1010 Birchview Road, Douro-Dummer, Ontario. **All of our overnight camps are held at our Clear Lake location.**

Our Clear Lake campus offers a beautiful and scenic natural landscape. Our facilities include classic style rustic cabins, a large dining hall, a beautiful campfire circle with a view of the lake, a large swimming and boating area including a sandy wade-in beach, our brand-new, fully stocked health centre with several treatment rooms, a volleyball and basketball court, a collection of rock walls and high-ropes courses, archery range, and 186 acres to explore and play in!

Surrounded by vast natural landscapes, Camp Kawartha has a little bit of everything. Situated in nature-rich forested areas, Camp Kawartha is surrounded by Maple, Oak, Birch, Poplar and Spruce trees. Our range space is home to several wetlands, rivers and streams, as well as plenty of critters and plant life that call Camp Kawartha home. Through attending Camp Kawartha, all campers have the chance to connect with the natural world and the beauty of the landscape and its inhabitants.

## History

In October 1921, the Rotary Club of Peterborough purchased several acres of land on Clear Lake from a local farmer, Mr. Samuel Bryson for \$250. The Club intended to develop a boy's camp "free from the artificial life of cities" for underprivileged boys. The first summer of camp ran in 1922 and hosted 40 boys.

In the 1950's, Camp Kawartha was purchased by the Peterborough YMCA, and eventually went on to become a Co-Ed camp. After many successful years of operation, the YMCA closed the camp in 1982 when it encountered financial challenges.

In 1985, a group of Rotarians and concerned citizens formed **Camp Kawartha Incorporated**. The property was purchased to ensure that the Camp could continue to provide incredible summer camp experiences and re-connect campers to the natural environment. In the years that followed, Camp Kawartha's operations expanded to provide year-round programming with a focus on leadership and has continued to operate as a 'four seasons' not-for-profit ever since.

Since the late 90's, Camp Kawartha has increasingly focused its efforts on outdoor education and environmental initiatives. These initiatives include the construction of

several environmentally friendly and carbon-neutral straw bale buildings that now make up the main office, the extension on the dining hall, the greenhouse, and the new health centre!

During the first year of the COVID-19 pandemic, Camp Kawartha was forced to close but successfully reopened in time for the summer of 2021. In the spring of 2022, Camp Kawartha was hit by a historic storm, which resulted in significant damage to more than a dozen buildings, the destruction of a cabin and the loss of over 600 trees. Fortunately, with the support of our incredible community, Camp Kawartha was able to weather this storm and regain its footing just in time for Summer 2022.

As we look forward towards the future, Camp Kawartha plans to continue its efforts towards environmental rejuvenation and continue in its mission to provide meaningful camp experiences to all our community members!

## Overview of Sessions & Programs

### Kinder Camp, Day Camp, and Twilights Camp

Our Kinder Camp, Day Camp, and Twilights Camp programs are a fantastic option for families looking for day programming. These camps run Monday to Friday and are a great chance for campers to connect with the natural world and each other, while enjoying all the beauty and fun that our Clear Lake camp has to offer!

Our Kinder Camp program is for children aged 4-5 (must be 4 years of age as of the start date for their session) and is an excellent introduction to summer camp for our youngest campers. Each day, campers will have the opportunity to explore, learn, and make friends in a fun, safe, and supportive setting.

Our Day Camp program, for children aged 6-9, gives campers the opportunity to have adventures, try exciting new activities, and make friendships and connections while being immersed in the beauty of the natural world.

Our Twilights Camp is for children aged 9-13, and gives them the chance to build lasting connections, explore outside their comfort zone, experience hands-on learning, and build confidence. This program is a great stepping stone to attending overnight camp in the future!

All our day camp programs include arts and crafts, sports and games, nature exploration and outdoor free play, swimming, boating, and other classic camp activities. Designed to meet the needs of each age group, each program has its own schedule and specific set of activities.

Kinder Camp, Day Camp, and Twilights Camp programs begin at 8:30 each morning and run until 3:30pm. All our programs run rain or shine. We're looking forward to having your little ones at camp and giving them an awesome Camp Kawartha introduction at Day Camp this summer!

### Overnight Camp

Running for over 100 years, our Overnight Summer Camps give campers a classic camp experience! Our beautiful Clear Lake property boasts a beautiful dining hall, cozy cabins, a beautiful waterfront, over 180 acres of hiking trails, and so much more for overnight campers to explore. In small cabin groups, campers will have the opportunity to make

memories and develop lifelong friendships. Our expert counselling staff consists of caring role models devoted to creating magical memories for each of their campers.

At Overnight Camp, campers will experience the best of what Camp Kawartha has to offer, as they swim, sail, canoe, kayak, windsurf, enjoy arts and crafts, drama, dance, land sports, archery, and connect with the natural world! Each night our evening programs offer bursts of creative fun – whether it's a pirate themed capture the flag or a Halloween themed dance, evening program transports our camp to new worlds!

Camp Kawartha provides a fun-filled summer experience for all our campers, but we strive to go above and beyond in all that we do. With a focus on leadership and connecting campers to the natural world, our campers learn to build connections with the communities around them. Our staff help campers to develop the skills of teamwork, communication, collaboration, initiative, leadership, self-confidence, and so much more. Our low staff ratio (approximately 2 campers to 1 staff) means that campers receive plenty of individual attention each day, and that they can be known on an individual basis. Many of our campers return year after year to our Camp Kawartha community, their home away from home!

We offer a variety of session lengths from 3 nights to 3 weeks, so campers who are new to camp can give things a test-run before jumping into a longer session. For more seasoned campers, our 2-week sessions, Pre-Leadership camps and Canoe Tripping sessions give campers the chance to enhance their skills, try new things, and begin to take the first steps towards our Leadership Programs!

### 3 Night Session (Session N)

Our 3-night session, Session N, runs at the very end of the summer, and is a fantastic chance for campers who are new to camp or who are a bit nervous about being away from home to get a taste of what an overnight experience is like. Session N, or Session 'Nature', is also more keenly focused on nature connectivity. This session offers campers more opportunities to get connected to the natural world, through evening programs, interest choices, and activities that are geared towards learning about our local neighbourhood!

Session N is also unique in that it is an opportunity for graduates of our LIT program to volunteer as counsellors! This means that the counsellors for session N are fresh with enthusiasm and eager to create an awesome experience for each camper. Our regular staff are also on site during this session to mentor our LIT graduates in taking the step into the role of cabin counsellor.

### 1-Week Sessions (Sessions A, B1, B2, C, D1, D2, E & F)

Our one-week sessions are a fantastic starting place for many campers who are new to camp. These sessions give campers the chance to experience all of what Camp Kawartha has to offer. Over the one-week stay, campers will have the chance to engage in 'exposure periods', which allow campers to try each activity at least once in their session. One-week sessions also include all for the classic camp fun, including theme days, evening programs, tuck, camp silliness, and so much more!

### 2-Week Sessions (Sessions B & D)

Our two-week sessions provide the classic camp experience to campers who are looking for a longer, more in-depth stay at overnight camp. In a two-week session, campers will have the chance to foster lasting friendships, enhance their skills in their chosen activities, and get the maximum fun out of summer camp! Each two-week session allows campers the opportunity to choose four activities that they will repeat each day; these 'classes' give campers the opportunity to develop skills in their chosen area, be it kayaking, canoeing, or archery!

Two-week sessions also include more theme days, more evening programs, and more time for enjoying the best of what Camp Kawartha has to offer! These sessions are ideal for campers who are familiar with camp and are comfortable being away from home for an extended period.

### PLC (Pre-Leadership Camp)

Our Pre-Leadership sessions developed as a way for campers who love camp, but are still too young for leadership, to get to spend some extra time at camp, and build on their leadership skills! This three-week session helps campers to make the transition from a 'camper' role within our community, to a leadership one. Through this program, PLC campers will have the chance to explore their own personal leadership style, develop teamwork skills within a group, and still engage in the classic camp activities. This program is designed to blend the best of both worlds through combining everything that comes with leadership, with all that regular overnight camp has to offer.

PLC is also the first time where campers will have the chance to go on a canoe trip! The world of canoe tripping is exciting and intimidating all at once – but our canoe trippers and PLC counsellors are there to guide campers through their first out-trip excursion. PLC

campers also have a town-day in the middle of their session, where they will have the chance to do laundry and grab a few snacks before heading back to camp!

### **Canoe Trip Programs**

Our Canoe Tripping Programs provide campers with the opportunity to have an immersive experience in the natural world through back country canoe camping! Our canoe trips depart to the Kawartha Highlands and Algonquin Park, and consist of days spent canoeing, portaging, and learning the essential skills of camping!

In each Canoe Trip Program, campers have the opportunity to develop their skills in paddling, canoe-over-canoe rescues, and portaging before they depart on their canoe trip. Once on trip, campers will have the chance to practice making camp each day, packing, setting up tents, helping with cooking and fire building, and more! Our experienced canoe tripping staff hold Wilderness First Aid Certifications and have extensive knowledge of the routes and safety protocol for each trip. For more information on our canoe tripping programs, please read the 'Canoe Trip' section of this guidebook!

### **Leadership (CSD & LIT)**

For many of our campers, the leadership years mark the final two years of being a camper, and preparation to move on from being a Camp Kawartha camper to other endeavours – be it as a community leader, or a Camp Kawartha counsellor! Many of our former leadership campers will happily tell you that their leadership years were their favourite, most memorable years of being a camper. Our leadership programs are unique in the opportunities for connection they offer; as leadership campers spend most of their month-long stay directly collaborating and connecting with their peers, leadership is a time to make lifelong friendships and develop essential leadership skills to last a lifetime! Separate from our regular camper sessions, these programs require an application and acceptance into the program to enroll; see 'Leadership Applications and Selection' for more.

Our Leadership programs start at age 15 with our Counsellor Skill Development program. This program focuses on the 'Hard-Skills' of being a camp leader – notably, swimming, canoeing, and first aid skills. In Counsellor Skills Development, campers participate in leadership initiatives, community involvement, and work towards achieving swim and first-aid certifications.



Leadership concludes in your final year as a camper with our LIT program – for Leaders in Training! Where some camps have a ‘CIT’ - or Counsellor in Training program - our LIT program is designed to gear campers towards much more beyond being a Camp Counsellor. We believe that the essential leadership, teamwork, and communication skills developed in our LIT program go far beyond the Camp Kawartha environment and can be applied to anything our campers go forward to take on! In LIT, campers will have the chance to ‘shadow’ a cabin of campers and develop their understanding of being a community leader as they directly practice it with our younger campers. Leaders in Training also have the opportunity to develop evening programs, theme days, and so much more!

Both of our Leadership programs offer a Wilderness option, for campers who are interested in furthering their leadership skills in a natural setting. Our WCSD (Wilderness CSD) program is geared towards the completion of an Ontario Recreational Canoeing Level and includes a 3-night and a 7-night canoe trip. With the longest canoe trip that Camp Kawartha has to offer, our WLIT (Wilderness Leader in Training) program offers campers a chance to learn about leadership during their 9-night canoe trip in Algonquin or Killarney Park!

## Cancellation Policies

### General Cancellation Policy

We recognize that unanticipated circumstances can prevent your camper/s from attending Summer Camp and the following information has been provided to clarify the Cancellation Process and what families can expect should they decide to cancel.

**All cancellation requests must be directed to the Summer Camp Registrar no later than May 31<sup>st</sup>.**

All cancellation requests must be issued, by e-mail, to the Summer Camp Registrar and are subject to the following conditions:

**Between November 1st and December 31st:** a refund will be granted for all Day Camps, and Overnight Camps, less the session deposit (as outlined below) per session/camper.

Day Camp Deposit: **\$75 per camper/session**

Introductory Overnight Camp Deposit: **\$150 per camper/session**

1 Week Overnight Camp Deposit: **\$250 per camper/session**

2 Week Overnight Camp Deposit: **\$500 per camper/session**

3 Week Overnight Camp Deposit: **\$750 per camper/session**

4 Week Overnight Camp Deposit: **\$1000 per camper/session**

Session adjustments will also be accommodated pending availability.

**Between January 1st and March 31st:** both the session deposit (see above) and the January instalment amounts (1/3 of remaining session fees after deposit) for Overnight Camps will be non-refundable and non-transferable.

The cancellation fee for Day Camps and Environment Centre Day Camps will be **\$150 per camper/session**.

Session adjustments will also be accommodated pending availability.

**Between March 31st and May 31st:** both the session deposit (see above) as well as the January and March instalment amounts (2/3 of remaining session fees after deposit) for Overnight Camps will be non-refundable and non-transferable.

The cancellation fee for Day Camps and Environment Centre Day Camps will be **\$150 per camper/session**.

**Session adjustments will not be accommodated.** Parents wishing to switch sessions after March 31st will be waitlisted for their preferred session until a space becomes available.

**After May 31st:** Any cancellations received after registration has closed for Summer Camp (May 31st at 4pm) will result in the complete forfeiture of camp fees (all payments are non-refundable and non-transferable). This applies to all Day Camps, Environment Centre Day Camps and Overnight Camps.

**No refunds, reductions or credits will be granted for late arrivals, early departure, withdrawal or early dismissal.**

## Medical Cancellations

All campers are subject to the above policies; however, concessions will be made in the event of an unavoidable medical cancellation both before and during Summer Camp. Should you need to cancel your camper's registration on medical grounds, we require you to provide a **signed medical note from your doctor**.

All medical cancellation requests should be directed to the Summer Camp Registrar (confidential medical information can be directed to the camp health team instead) by e-mail and will be accommodated at the Summer Camp Director's discretion.

## Anxiety Induced Cancellations

Camp Kawartha recognizes that anxiety is a growing concern and reality for many of our campers. We feel that Camp is an ideal environment to assist and provide campers with accommodations to help them overcome anxieties and find successful strategies in coping with anxiety and stress. Our staff provide a nurturing and supportive network conducive to acknowledging and alleviating anxiety.

If there is any doubt regarding your child's readiness for Summer Camp, **please contact the Summer Camp Director no later than March 31st** to discuss the right course of action for your camper. As much as Summer Camp is an enriching growth experience, we also recognize that based on the circumstances of your camper, this may not be the best choice for them at this particular time. Early contact with the camp allows the best opportunity for both parties to make a collaborative decision as to whether participation is the best option.

Families requesting a cancellation due to concerns about their camper's anxiety levels, will be accommodated at the Summer Camp Director's discretion provided they have discussed their concerns with the Summer Camp Director prior to March 31st.

Families requesting the same cancellation without prior consultation of the Summer Camp Director, will be subject to the standard cancellation policy outlined above.

## Cancellations due to Closure

In the event that the Camp is forced to close as a result of circumstances beyond our control, parents will be entitled to a full refund of paid fees in the event that a satisfactory alternative (such as switching sessions) cannot be provided. This exemption will also be applicable to campers who are prevented from attending Summer Camp due to government mandated regulations.

Depending on the circumstances of the closure, refunds issued as a result of this policy may take several weeks to process. Any questions or concerns regarding such refunds should be directed to the Summer Camp Registrar.

## **Our Team**

### **Our Small but Mighty Year-Round Summer Camp Team**

During the non-summer months, Camp Kawartha's Summer Camp Department is run by a very small administrative team. This includes our Summer Camp Director, who oversees the development of each summer camp season such as camper registration, hiring staff, updating policy, and communicating with families about camper needs. They are typically supported by one or two Assistant Directors throughout the leadup to camp, who are involved in staff onboarding and training, family communications, and planning for the upcoming summer! Our Registrar takes the lead on all things registration, including payments and paperwork. Our Health Care Coordinator supports the development of healthcare-related policy, recruits and trains our Healthcare Team, and discusses any healthcare-related concerns with families. Camp Kawartha also has a year-round Kitchen Manager, who oversees the smooth operations of our camp kitchens and coordinates with families around their campers' specific dietary needs.

### **Our Summer Staff Team**

Our summer staff are the backbone of the Camp Kawartha Day and Overnight camp experience! In an average summer, we have between 50-65 staff members on our team! Staff hiring begins in January, and our training begins in late May.

There's lots of different roles those on our staff team play. Our summer staff consists of our Counselling Staff, including cabin and day camp counsellors, our Intermediate Staff, who are canoe trippers and specialists, and our Senior Staff who are area heads and directors! Each staff has a key role to play in the smooth everyday running of camp.

Many of our staff began as Camp Kawartha campers before moving on to become staff members. This means that they have a deep understanding of the benefits of summer camp, and a dedication towards creating an experience for each camper that is meaningful and impactful. Camp Kawartha staff are known for being silly, friendly, and outgoing!

Most of our staff live on site for the whole summer! Our staff members who do not live in camper cabins live in staff cabins during the summer (these areas are off-limits to campers).

Having dedicated staff who live on site for the whole summer helps us to create an environment that has a family-like feel to it, with consistent role models for our campers to look up to!

### Certifications and Training

To be on staff, all our staff are required to have standard first aid, CPR-C, and those 18+ are required to have a clear police check. All our staff participate in a 1-week period of staff training before our campers arrive, where we focus on helping them to develop their lifeguarding, first-aid, and camper-care skills. During our training camp, we also have sessions on our camp policies, accessibility, inclusion, consent, and more.

Many of our staff hold an up-to-date certification in National Lifeguard, which allows them to act as a Camp Kawartha lifeguard once they complete their skills during our training week. Many staff hold specialty certifications including Wilderness First Aid or Wilderness First Responder (held by all our trippers), Mental Health First Aid, Pleasure Craft Operators Licenses, CUI Ropes Level 1 or 2, ORCA (Ontario Recreational Canoeing Association) levels, and Swim Instructor certifications. Each of these certifications apply to a different area of camp, so staff are well equipped to take on their role in a safe and effective way.

### Camp Names

Camp Names are a Camp Kawartha tradition!! When you first get to camp, your camper's counsellor might introduce themselves as something silly or zany – such as Welsh, Frito, or Frozone!

Each of our new counsellors are given a camp name at the end of our pre-camp training week. These names represent an aspect of the counsellor's character, or something iconic that they did during our training week. Camp Names give counsellors a distinct sense of identity, and welcome them into the community of staff members. Camp Names also help to protect our counsellors privacy; counsellors real names are not shared with campers but may be shared with parents upon request.

## Preparing for Camp

### Contacting Our Team

If you have any questions or concerns leading up to your child's arrival at summer camp, please contact our team as soon as your concern arises. We do our very best to respond to every communication received, but please note that during the summer season our

offices are very busy as we are prioritizing real-time camper care, and questions over email may take a few days to receive a response.

**In the case of an emergency,** if you need to contact our Summer Camp Director while your child is at camp, you can call or text the Summer Camp Emergency Phone anytime at 647-963-6206.

Please note that some camper needs, such as accommodations, food allergies, and specific medical concerns require communication well in advance of your campers stay. Please note these camper needs on your registration form and reach out to our team in the springtime to discuss any specific concerns that you might have.

### **Accommodations**

If your camper will require an accommodation during their time at camp, please be sure to note that on their form during registration. As a camp, we do our best to accommodate a variety of needs, but due to a variety of factors, we cannot offer 1 on 1 support. We review all camper forms in the springtime and will be in touch with families who have requested an accommodation to our regular programming or policies to discuss the accommodation and their campers' specific needs.

### **Preparing Your Camper**

Before coming to camp the first time, it's essential that families work to help prepare their camper for camp. This will help ease the transition to being away from home for some time. See below for a couple ways that families can help to prepare their camper for camp.

#### **Five things you can do to help prepare your camper for camp:**

##### **1. Sleepovers!**

Attending a sleepover at a friend or family members' home is a great way to begin preparing for summer camp. Sleepovers give children the chance to practice being away from their family and home for some time and build up resiliency to feelings of homesickness.

##### **2. Positive Talk**

Talking positively about the camp experience before your camper attends camp will help your child to develop positive feelings about coming to Summer Camp. We encourage families to talk to their campers about how much fun they will have, what they can expect, and what some of the benefits of Summer Camp are.

While families might want to convey to their child that they will be missed while away, we recommend not focusing too much on how much they will be missed, as this can make feelings of homesickness more challenging to navigate once the child is at camp. Families can help their camper to understand that while they will be missed, the family will be OK while they are away, and will be glad to see them when they get back.

### 3. Building their Confidence

Helping your camper to build their confidence prior to arriving at camp will help them to feel up to the task of staying away from home for the duration of their session. Families can help their camper build confidence prior to their session through a variety of ways. Families can consider using encouraging phrases such as “We know you can do this!” or “We’re so proud of you for being brave and giving Summer Camp a try!”.

Families should stay away from making their campers any promises about being able to call home or come home during their session. **Campers are not allowed to call home while at camp.** Families should not promise their child that they can come home, as that might make the camper determined to go home rather than open to trying what camp has to offer. Promising your camper that they can come home if they don’t enjoy camp also sends the message to your camper that they might not be up for the challenge. A camper’s first summer at camp *should* be a bit unfamiliar, and homesickness is perfectly normal– this means they’re stepping a little bit outside of their comfort zone and into the growth zone! If our counsellors assess a case of homesickness to be very severe, we will be in touch with families about next steps.

### 4. Discussing Expectations

One of the best ways to prepare your camper for camp is to talk about what they can expect when they get here! We encourage families to show their camper photos from the google photos album, talk about the different activities that we offer, talk about what the cabin might be like, show them our daily schedule, and more!

If you're planning to send your camper some letters while they are at camp through our camper mail, you can let your camper know that you will write to them while they are away. This will help your camper to stay connected to you while they are at camp.

Families should be sure to give their campers realistic expectations of what they can expect at camp, which also means talking with your camper about some things they might find new or uncomfortable. If you know your camper is nervous about swimming, talk with them about our swim check so that they aren't surprised with it on arrival day. As with everything, there will be some parts of camp that your camper loves, and some parts of camp that aren't their favourite. Talking with your camper about realistic expectations will help them to look forward to the things that they are excited about, while also understanding that some moments of the Overnight Camp experience will be new or unfamiliar – and that it's okay to feel nervous about that!

We also caution parents against making any concrete promises like "You can call home every night", "You will definitely be in a cabin with your best friend" or "You will have a top bunk, since we're going to arrive early". Because of the complexity of running a Summer Camp, and trying to accommodate each individual campers needs, there are some things that we cannot offer or promise. Staying away from making firm promises to your camper will help to ensure that you are setting them up with realistic expectations for their upcoming experience.

## **5. Packing everything they will need!**

Helping to ensure your camper is equipped for their stay is an essential step in getting them prepared for coming to camp. We recommend reviewing our packing list a couple weeks before your camper's arrival day, so that you can ensure that you have plenty of time to gather together anything your camper might need. Involving your camper in the packing process will help them to feel in control of their belongings and will help them to adjust to the idea of going away from home. The support of a caring parent or caregiver while packing can also help campers to feel well supported by their family members in the days leading up to their arrival at camp.

In the case that your camper ultimately decides they are not ready for camp, please review our refund policy. **Please note: Partial refunds are available for cancellations between registration and May 31<sup>st</sup>. Cancellations following May 31<sup>st</sup> at 4pm will result in the complete forfeiture of camp fees. See our refund policy for more information.**



## Open House & Parent Nights

Each spring, we are excited to offer Family Info Nights and an Open House, so that families can get all their Summer Camp questions answered prior to their camper's arrival at camp! Families will be sent information about parent night and open house ahead of the summer season.

The open house will give campers and families the chance to explore all that Camp Kawartha has to offer, from getting picturesque views of our waterfront, to exploring the inside of cabins. We recommend that any families of nervous campers attend the open house, as this often helps to ease their campers' nerves as camp approaches!

## Beginning to Pack

We know that getting all set for camp can be stressful, which is why we have put together a recommended packing list for all families. We encourage families to review the packing lists a couple weeks ahead of their arrival, so that they have enough time to prepare everything that they will need for a successful camp stay! See the appendix of this guidebook for our Packing List & Canoe Trip Packing List.

## Prohibited Items

Please review our Camper Code of Conduct within the appendix to ensure you have not packed any prohibited items with you. Any prohibited items will be confiscated and depending on the severity of the item in question, may result in early departure from camp and the complete forfeiture of all camp fees.

## Reviewing your arrival Time

Make sure you review your arrival time and plan your route the night before your scheduled arrival. This will help to ensure you are on time for all the fun!

Camp Kawartha has two different addresses. **All of our overnight camps are held at our Clear Lake location:**

**1010 Birchview Road, Duoro-Dummer, Ontario, K0L 2H0.**

If you are using Google Maps etc... to find us, be sure to select the Clear Lake location on your navigator. In the case that you accidentally head to our Environment Centre, located at Trent University, our main site is around a 30-minute drive from there.

**Please review the Arrival Times document for the upcoming summer within our appendix. We recommend that families strive to arrive 5-15 minutes after the beginning of their scheduled arrival window. Our gates will not open prior to the earliest arrival time listed, as our staff are busy setting up for the arrival of campers!**

## **Transportation**

Camp Kawartha unfortunately cannot provide bussing or transportation for any camper. Our Clear Lake Camp is only serviced by a road for cars, and public transport does not run past the Camp.

We encourage carpooling to cut down on carbon emissions, however if you need to speak to our nursing team about specific concerns about your camper, we request that you come to drop-off in-person so that you can answer any questions our healthcare team might have.

**If you are planning to carpool for pick-up, you must list the person who will be picking up your camper as a verified pick-up person at the time of registration.**

**If your plans change during the session, and someone else will be picking up your camper, you must email our Summer Camp Director ([emma@campkawartha.ca](mailto:emma@campkawartha.ca)) with the full name of your verified pick-up person for your child.**

## **Arrival Day**

### **The Morning of Your Camp Arrival**

We know that the morning of your camper's arrival at camp, they'll be feeling a range of emotions! Some campers will jump out of bed feeling excited to finally be headed to camp, and others might wake up feeling nervous or tentative about being away from home. It's perfectly normal to have a range of emotions before coming to camp – whether it's your first time or you've been coming for years, the first day of Summer Camp is different for everyone!

Before leaving your house, we recommend ensuring you have done the following:

- **Have a good breakfast & lunch!**  
The first meal served at camp will be dinner, so you want to ensure you're fueled up for the day.

- **Go over your route one final time – make sure you have the right address!**  
If you think you might be more than an hour later than your scheduled arrival time, send our Summer Camp Director a quick email to let us know!
- **Review your Packing List one final time.**  
It's easy to miss or forget something – going over the list a final time will help to ensure you've accounted for everything you will need! Take extra care to ensure you have all the essential medication that you will need during your stay.
- **Head on your way to camp!**  
Our counsellors are hard at work preparing for your arrival!

### Arriving at Camp

The morning before you arrive at camp, our counsellors are doing some final prep work to get everything all set for the new group of campers. **Please note: Our gates will not be open prior to the earliest arrival time listed.** We recommend planning to arrive 5 – 15 minutes after your scheduled arrival time window begins.

When you first come through our gates, our parking staff will help you to find a spot in our lot. It can get very busy at times, so be sure to exercise caution in the parking lot! Please note that we have very limited room for parking; we request that families refrain from bringing trailers or RV's to camp where possible (those who must may be accommodated by parking on our range area).

Once you get out of your car, one of our staff will greet you and help you bring your bags to our check-in table where you will meet our Head Counsellors and get your cabin assignment. **Make sure you bring all your bags and any medications with you!**

### Checking In & Finding Your Cabin

Our head counsellors will be waiting to sign your camper in to Camp once you get to their table! They will ask for any outstanding paperwork that you might have, and let you know what cabin your camper will be in. **Please note: We cannot make cabin changes or accommodate new cabin requests on arrival day.**

A staff member will bring your family down to your camper's cabin, where you will be able to drop off their bags, meet their counsellors, and say hello to any cabinmates who have already arrived! After a quick hello and a peek at the cabin, you and your camper will be brought to the lower field for a lice check and to meet our Healthcare team if needed. **Be sure to bring any medications down to the health centre with you!**

**Fun Fact:** All our counsellors at Camp Kawartha have ‘Camp Names’! These fun names are a tradition at Camp Kawartha and are a way to bring more fun into the everyday life of camp. Your camper’s counsellor may have a unique or silly name that they go by – so don’t be surprised if they introduce themselves as something unexpected! You can read more about camp names in our staff section of this guidebook.

### Doing a Lice Check & Meeting the Nurse

Once you have met your camper’s counsellors and dropped off their bags at the cabin, you will be led to the lice check station. Our trained staff will check your camper’s hair for any signs of lice – it’s a little bit tickly but doesn’t hurt at all! If they’re all clear, you can head up to the Health Centre to drop off any medications with our Healthcare staff. They are also available to discuss any health needs or concerns you may have for your camper’s time at camp. If you don’t need to see the Healthcare team, then you’ll be on your way back to your camper’s cabin to say goodbyes before an awesome session at Camp!

**Parents – please be sure to be doing lice checks prior to sending your child to camp. Campers who are found to have lice upon arrival will be treated by the individual who dropped them off.** See “Healthcare” section for more info about lice at camp.

### Saying Goodbye and Jumping into Camp!

Once you’re back at the cabin with your camper’s counsellors and cabinmates, it’s time to say your goodbyes and for family members to head on their way. To help ease the transition into camp, we encourage family members to say a quick goodbye and then be on their way; this will help your camper to turn their attention towards the fun of summer camp and to begin making connections with their counsellors and other cabinmates.

Please note that we cannot offer family tours of our site during arrival day. If you are interested in a tour of our camp, you are encouraged to join us at our Spring Open House!

Once families leave, our counsellors work to integrate each new camper into the cabin group, through a variety of games and get-to-know-you activities. The first day can often be a challenging day for campers who are nervous or homesick, which is why we try to pack it full of activity to help ease the transition into camp. You can see in the section below what the rest of arrival day will look like for campers.

We know that dropping a camper off at camp can be challenging for many families, and some families will be worried about how their camper is doing that first day of camp. We cannot provide families with individualised updates throughout their session, as our staff are busy placing their focus on providing your campers with care. While it can be hard having your camper away from home for any amount of time, know that they are developing the skills of leadership, independence, and collaboration while at camp, and making lifelong friendships too! If you have any specific concerns, please touch base with us and we will work with you to address them.

## Camp Life

### Arrival Day (Following Dropoff)

#### Getting Settled

After drop-off, once all campers in the cabin have arrived, they will begin to get settled in the cabin! To make it fair, we typically wait until everyone has arrived before our counsellors help campers choose bunk beds and start to unpack.

Campers will get their bed spaces set up and begin to unpack their belongings in the cabin. Each bunk bed has a wooden drawer underneath it for each camper; the cabin also has hooks to hang your coats, and some cabins have cubbies for camper belongings. Campers are encouraged to unpack their belongings, but if there's not enough space for all their things, they may also keep some of their items within their suitcase.

Each camper will make their bed (our counsellors are happy to help!) and begin to set up this space. As campers are getting established, our counsellors will take the chance to speak with each camper one-on-one, outside of the busy cabin environment, and complete what we call a head-to-toe check!

#### Head to Toe Checks

"Head-to-toe checks" serve two main purposes. First, they are a chance for each camper to get some one-on-one time with their cabin counsellor. This allows our counselling staff to check in with each camper and see how they are feeling after arriving at camp. Second, it is a chance for our counsellors to talk with each camper about their health needs and to understand how each camper can be best supported while at camp.

During a head-to-toe check, our counsellors will ask campers about their various health needs. We want to get a sense of what we might anticipate happening during a camp session, what is normal for each camper, and the best ways we can help. Our counselling staff will ask a variety of questions from 'Do you ever get headaches? What do you do if

you do get a headache?’ to ‘Have you ever been to camp before? How are you feeling about being at camp?’. Later, the answers to these questions are discussed with our nurse, so that we can have a full picture of each camper’s health. We know it can be a bit intimidating for each camper to speak one-on-one with their counsellor, which is why we complete head to toe checks outside of the cabin in a calm environment for each camper – this also allows campers the privacy to let their counsellors know whatever is on their mind.

### Swim Checks

After head-to-toe checks, it’s time for swim checks! Campers will get into their swimsuits and head down to the waterfront for our swim check which is conducted by our Waterfront Director. Before their swim check, they will go over the swimming area rules, and receive their swimming and boating number. To read more about our swimming area rules, please see swimming area and rules.

In order to determine how they will be able to safely use the swimming and boating area at camp, each camper must complete a swim check. Our swim check includes:

- A disoriented entry (roll) into the water
- A 50-meter swim of any stroke
- 1 minute of treading water (keeping head and airway above water for the entire time)
- A kayak dunk and exit under water

After completing our swim check, campers will be given either a green, yellow, or red string. Our swim stings are soft yarn that is worn as a necklace for each camper for the entirety of their stay at camp (strings are worn around the neck so that they are visible to our lifeguards while the campers are swimming).

- A green string means that a camper can swim in the deep end and shallow end without a lifejacket.
- A yellow string means that a camper must wear a lifejacket in the deep end but may swim in the shallow end without a lifejacket.
- A red string means that a camper must always wear a lifejacket in the swimming area, in both the deep and shallow end. As well, a red string means that a camper must have a staff member accompany them when they go swimming.

We know that some campers may feel nervous about completing a kayak dunk and exit underwater. If campers don’t feel comfortable completing this, they may still get a green string, but will have a red bead on it to signify that they may only ride in an open-faced kayak in boating classes.

The string colour is based on the judgement of our Waterfront Director and is non-negotiable once it has been decided. In some circumstances, campers may be given the opportunity to retry their swim test on another day, at the discretion of the Waterfront Director.

Our counsellors do their best to minimize any conversation around comparison of string colours between campers and will often wear red or yellow stings themselves. We try to keep conversations around swimming positive and use the term swim 'check' instead of 'test' to ease camper anxiety.

Following your swim check, it's time to head to the nurse for your nurse visit!

### Nurse Visits

We prioritize camper health and wellbeing at Camp Kawartha, which is why each cabin group visits the nurse after arriving to camp. This quick visit is a chance for the group to meet the nurse and for the healthcare team to become familiar with each camper! The healthcare team will also meet privately with the group's counsellors to review their campers' medication schedules and any health concerns. If your camper has any significant health concerns, please be sure to speak to us ahead of their arrival, and to touch base with the nurse at drop-off.

### Cabin Rules, Camp Tour, Fun etc..!

Once nurse visits and swim checks are all done, campers will head back to their cabins to complete a couple different activities before dinner time. Each cabin will write up their own set of agreed upon cabin rules, created by the campers in collaboration with our counsellors. This is a good chance for campers to have meaningful discussion about privacy, boundaries, respect, fairness, and kindness. It's also a chance to talk about the importance of keeping the cabin clean!

Following cabin rules, campers will be given a tour of the camp, including designated boundaries that they aren't allowed to cross. This will help campers begin to orient themselves with the space where they will be staying for the next couple of days or weeks! If time permits, campers may also get up to some additional fun – a short trip to our range space, some arts and crafts, or some games before dinner time!

### Dinner

All campers wash their hands before dinner, and then head to round-up to sing a song before the meal. 'Round-up' is when the whole camp gathers on the porch of the dining hall before meals to sing a little song and then head into the dining hall.

The first night of camp, we like to serve a dinner that is comfort food for campers – typically pasta with garlic bread and Caesar salad! At the first dinner, campers will be introduced to the systems that we have in the dining hall and will have the chance for lots of laughs! To learn more about our food service and mealtimes, please see Camp Food and Mealtimes.

### Camp Rules & Camp wide Games

Dinner is followed by a fun camp-rules skit or video, and a couple of camp-wide games on our upper playing field! Campers are introduced to some more of our camp protocols and rules we all follow to keep the camp clean and safe, as well as our essential safety protocols including what to do in case of a fire or if our staff are conducting a missing camper search. They then go on to play some camp-classic games! Gaga-ball is a favourite of many, and a great way to get in some daily physical activity before campfire!

### Campfire

Our first night of summer camp always concludes with an all-camp campfire! Our first-night campfires are held at the campitheatre (our main campfire circle), where the whole camp gathers together to sing songs, laugh a lot, and enjoy each other's company out in nature as the sun sets on Clear Lake! Songs like "I Wanna be a Penguin" and "The Day I Went to Sea" are campfire classics! This is also when our head counsellors go over the '3 R's' of Camp Kawartha: Respect Yourself, Respect Others, and Respect the Environment. Our Head Counsellors talk with all campers about what they can do to treat others with kindness, take care of their wellbeing, and to treat the natural environment with kindness and caring. Campfire is wrapped up with a quick snack before bedtime!

### Bedtime

After a long day of camp fun, campers will get ready for bed! After brushing their teeth and getting into pajamas, campers crawl into their cozy beds and prepare for lights out. Each night before bedtime, cabin counsellors lead their cabin groups in a brief reflection called 'Check-In' during which each camper gets the chance to discuss how their day went. It's a camp tradition and inclusive activity that builds on listening skills and respect for others. The most common Check-In method is to ask campers to compare their day to a rose and thorn. Staff often get creative with Check-In methods to keep things interesting throughout the session.

On the first night of camp, we have Early-to-Bed, meaning that cabins turn their lights out early and staff members remain in the cabin to ensure campers are able to get some extra sleep after a very busy day! Bedtime is 9:15 for campers 8-10, 9:30 for campers 10-



12, 9:45 for campers 12-14, and 10pm for campers 14 and up. Leadership campers lights out time is 11pm.

The first night may be more challenging for campers who experience homesickness. Our counsellors have a variety of different methods for helping homesick campers, from going for walks around the camp, having a cup of calming tea, or doing some stargazing. It is perfectly normal to experience some level of homesickness – particularly if it is your first time away from home! Luckily, our camp days are packed full of activity and fun, so campers typically are very tired by the time it's lights out and fall asleep more easily. One of the best ways to help with homesickness? Thinking about all the awesome things you're going to do tomorrow!

### **A day in the life of Camp**

One of the questions we get a lot is: "What does an average day look like at Camp Kawartha"? It's a great question – with a lot of different answers! Between theme days, silly evening programs, WOW moments, canoe trips and so much more, no two days at camp are alike! The schedules and descriptions below can give you a sense of what each day generally contains!

#### **Daily Schedule\*:**

7:30am – Polar Dip

8:00am – Breakfast

8:40am – Field Games

9:30am – 1<sup>st</sup> Activity Period

11:00am – Snack and 2<sup>nd</sup> Activity Period

12:30pm – Lunch

1:30pm – Rest Hour and Tuck

2:30pm – First Interest Choice

3:30pm – Snack and 2<sup>nd</sup> Interest Choice

4:30pm – GBRS (General Boating, Ropes and Swim – essentially free time!)

5:45pm – Dinner

6:45pm – After Dinner Free Time

7:30pm – Evening Program

8:30pm – Snack and Bedtime Routines Begin

9:15 – 10pm – Lights out (Age Specific)

11pm – Leadership Lights out

Weekly Schedule\*:

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	Staff	Polar Dip					
8:00	Preparing for	Breakfast					
8:40		Health Hustle					
9:30		Canoeing	Kayaking	Eco Skills	Sailing	Drance	Packing!
11:00	Camper Arrival!	Arts and Crafts	Land sports	Windsurfing	Archery	Rock Wall	
12:30pm	Camper Arrival	Lunch!					Picnic Lunch
1:30		Rest Hour					Departure
2:30		I.C. Searching for Treasure in Clear Lake	I.C. Cloud Watching	Theme Day: Pirates have Taken over Camp!	I.C. Nature Crafts	Double IC. Rock wall!	
3:30	Swim & Nurse Checks	I.C. Dance Battles	I.C. Ultimate Frisbee		I.C. Hike to the Wetlands!		Camp Cleaning and Prep for Next Camper Group
4:30		GBRS					
5:45	Dinner!						
6:30	After Dinner Free Time						
7:30	E.P. Campfire!	E.P. Cat- Astrophe	E.P. Loo's Zoo	E.P. Bamboozled	E.P. Zingtong!	E.P. Candle Lighting	
8:30	Snack and Bedtime Routines						
9:15	Youngest Campers Lights Out (8-10)						
9:30	Intermediate Camper Lights Out (11-12)						
9:45							
10:00	Older Campers Lights out (13+)						
11:00pm	Leadership Lights Out						

\* Please note that the daily and weekly schedules both reflect an *average day* at camp, and cannot possibly represent exactly what a camp day will look like as we often have to adapt to weather etc.. Please also note that the weekly schedule will vary depending on the length of your camper's session and which day of the week they are heading home!

## Polar Dip

The day begins each morning with Polar Dip! Any camper is welcome to head down to the lake at the very beginning of the day for a quick plunge in the chilly morning lake water!

## Activities (Classes)

Each morning has two activity periods. In a one-week session, campers have exposure periods, meaning their cabin group is scheduled to complete each activity one time during their stay at camp. Exposure periods are designed to give each camper a taste of all the activities that we have to offer. Campers will have the chance to further explore each activity at their leisure during GBRS time or in interest choices!

In a two-week session, campers submit their activity choice requests ahead of time and are put into four of their requested classes. These classes repeat every other day, giving campers the chance to develop their skills in that area and learn the ins-and-outs of the activity. For example, a kayaking class might begin with spending the first class on learning the parts of the boat and paddle and getting familiar with the strokes, and then over the two weeks, move into more advanced skills such as kayak-over-kayak rescues, learning about the history of the kayak, competing in kayak races, learning how to portage kayaks, or even learning how to complete a kayak roll.

We offer 11 main activities that campers will try over the course of their stay: Canoeing, Kayaking, Windsurfing, Sailing, Arts and Crafts, Drama, Dance, Landsports, Eco Skills, Archery and Rock Wall/Ropes.

## Mealtimes

Mealtimes are one of the best times of the camp day as they bring our whole community together and everyone has the chance to fuel up for busy camp life! For more information on our mealtimes, including information about dietary needs and a sample menu, please see Camp Food & Mealtimes

## Rest Hour & Cabin Cleanup & Tuck

Rest hour is an important time of day for our campers and staff to 'reset' and have the chance to cool down in the middle of a very busy day! From 1:30-2:30, rest hour takes place during the hottest part of the day, so that campers are out of the sun and out of the heat. During rest hour, campers hang out in their cabin with their cabinmates and

counsellors. Campers spend this time doing a quiet, calm activity, whether that's reading, writing a letter home, chatting quietly with a cabin mate, or resting their eyes for a bit.

Rest hour is also a time for the cabin to pitch in and clean up! During rest hour, campers will be expected to make their beds, tidy up their belongings, and take turns sweeping the floor. This helps to ensure the cabin has good hygiene every day, and that nothing wet is being left inside. It also helps campers to develop the skill of keeping a tidy area. Sometimes, if a cabin is super clean, the campers might even get a little treat on their bed!

Our campers can also work towards earning the 'Golden Broom', which is an award that goes to the cabin at the end of the session with the cleanest cabin. Each afternoon, our nurse checks each cabin and gives it a score out of 10 – the cabin with the highest score at the end of the session wins!

Everyone's favourite time of day, Tuck, also takes place during rest hour! Campers will receive tuck every other day, and it is included in their camper fees (families do not need to send any additional money for their camper's tuck). Our tuck shop has lots of different candies for campers to choose from, from sour watermelons to gummy worms! Each camper gets 12 pieces of tuck every other day. All of our tuck is peanut-free; we have a variety of options for campers who do not eat gelatin or who have braces.

### Interest Choices

Interest choices are the time of day where campers get to choose which activity they would like to do! These include a variety of things from activities that are more relaxing, to those that are more active! Generally, there is at least one water-related option. The interest choice sign-up gets passed around at lunch, so campers can sign up for whatever activity interests them! These are often a goofy time of day where counsellors use their creativity to make unique programs for campers.

### GBRS

GBRS is a favourite time of day for many campers! Standing for General Boating, Ropes and Swimming, GBRS is when we open up our boating area, swimming area, and rock wall, and campers have free time to do what their heart desires! It's a great time to try something new or to refine a skill you've been working on. GBRS happens every single day (weather dependent) which means that campers have at least an hour each day to spend doing what they would most enjoy! During GBRS, our Swimming and Boating areas are supervised by our lifeguard team, and the rest of our main activity area (cabin cluster, upper playing field, east cluster) are supervised by other staff members.

### After Dinner Free Time

After dinner free time is when the whole camp gathers on the upper playing field to engage in some land-based free time. Campers may choose to engage in our basketball tournament, Court of Dreams, our volleyball tournament, Beach of Dreams, or a more relaxed activity such as reading, bracelet making, or playing guitar. After dinner, free time is a great chance to catch up with friends, or hang out with siblings or friends from a different cabin.

### Evening Programs ('EP')

Evening programs are a zany, silly, fun time of day where the camp is transported to a different universe! Our evening programs have a wide range of games each night – some nights are active running games, where others are more relaxed station-based games. Each evening program typically has a task or a challenge for campers to complete – be it with their cabin groups or in a team. It's hard to explain the 'average' EP at Camp Kawartha, because each night is something new – whether that's dressing your counsellor up as a race car to compete in CK Drift or learning about the local animal species in Lou's Zoo – EP always has something unique to offer!

### Bedtime Routines

Our bedtime routines are an essential part of the day for camper wellbeing. Beginning after evening program, our campers start to prepare for bedtime with a snack and tooth brushing before making their way back to the cabin for Check-In and Lights Out.

Once everyone is back in the cabin and in their PJ's, campers will get into bed to wind down for the night. Our counselling staff will lead the cabin in a 'check-in', which is a C.K. tradition to hear about each camper's day. The classic check-in model is rose, bud, thorn, odd-leaf, where campers share their rose (something good about the day), their bud (something they are looking forward to tomorrow), their thorn (something that wasn't their favourite about the day), and their odd leaf (something silly or unexpected about the day). This helps our counsellors to get a sense of each camper's wellbeing, and it gives each camper a chance to share, reflect, and practice their listening skills. Counsellors will lead a variety of different check-ins throughout the session!

Lights out varies by age, beginning at 9:15 (for youngest campers) and ending at 11pm (for Leadership campers). Campers are given time to wind down by reading or writing silently in their bunks before lights out, to help settle them before sleep. When it is time for lights out, campers are expected to remain in their bed, unless getting up to go to the washroom or to get a drink of water.

Our counsellors remain in the cabin until 10pm, or until all campers within the cabin are settled and asleep (whichever comes second). Once all the campers in the cabin are sleeping, our 'Night Hawk' team takes over camper supervision from 10-12. The 'Night Hawk' are a group of staff who are stationed nearby to the cabin cluster and who monitor camper wellbeing throughout the 10-12pm period. Campers are shown where the nighthawk tent is, so that they know where they can get assistance when required. Our 'Night Hawk' staff also complete continuous rounds of the camp, checking on each cabin to ensure that all campers are sleeping. In the case that a camper is struggling with homesickness etc..., their counsellor will return to the cabin to help them manage it. Our staff return to their camper cabins by 12, and remain there for the rest of the night.

*For campers who have nighttime concerns including bedwetting, nightlights, sleepwalking, nightmares and more, see our F.A.Q.*

### Camper-Counsellor Connections or "3Cs"

Each day, our cabin counsellors strive to connect one-on-one with each camper to touch base about how they are doing at camp. They will ask a few questions to get a sense of the camper's mood, how they are getting along with their peers, how they are finding the camp activities, and their general health and wellbeing. These check-ins are typically conducted during rest hour, or may occur at another quiet time of day depending on the cabin's schedule. These check-ins give campers an opportunity for a predictable private conversation with their counsellor, so that they have a chance to bring up any concerns or challenges they may be facing. Counsellors securely store their notes from these conversations so that they have a record of any changes in their campers' mood or wellbeing. If any concerns arise, our counsellors will work with our Head Counsellors to respond to campers' needs. If we have any significant concerns or need input on how best to support your camper, we will always be in touch. Campers should be encouraged to talk to their counsellor, during the 3Cs check-in or anytime throughout the day, if they need support or help with anything while at camp.

## Amenities & Camp Life Ins-and-Outs

### Cabin Accommodations

Something on a lot of camper's minds before they come to camp is: "What will the cabin be like?". See the section below for more information on our Cabin Accommodations.

Each cabin has:

- A counsellor bed and camper bunk beds

- Most of our cabins have 1 counsellor bed and 6 camper bunk beds.
- Some cabins for older campers have the counsellor bed in a separate back room to allow for further camper independence.
- Our leadership campers do not live with a counsellor in their cabin, as it allows them to help develop their independence.
- A smoke detector and a fire extinguisher
- Windows with screens and curtains
- Lights
- A heater and thermostat (though this doesn't get any use during the warm summer!)
- A broom, dustpan, hand sanitizer, and a garbage can
- Boxes under the bed for each camper to store their clothes in
- Hooks for campers to hang up jackets.
- A pop-up changing tent for privacy.
- An alarm clock.
- Fans and air conditioning units for when it is very warm.
- 2-3 electrical outlets.

Some cabins also have cubbies for extra storage. Cabins can also be equipped with a nightlight (provided by the camp) and a doorbell (provided by the camp, used in the case of sleepwalkers).

Campers are required to bring their own fitted sheet, pillow, and sleeping bag (see packing list). There is enough room under the bunk beds to fit most suitcases, but very large suitcases that don't fit under the beds can be stored at the end of the bed.

Please note that none of our cabins come with connected washroom facilities.

### The Cabin Group

As a 'family style' camp, our cabin groups are kept small to replicate a close family environment. For our younger campers, this means that each cabin generally has 6 campers and 1 to 2 counsellors. For our older campers, cabin sizes may range from 6 to 10 campers and 1 to 2 counsellors.

For many campers, going to overnight camp is the first time where they will be sharing a space with those outside their families. This can be a challenge for some campers, as they learn how to navigate respecting each other's belongings and personal space. Our counsellors are there to help campers develop a respect and understanding for how they can share the space with their peers.



## Washrooms & Showers

Camp Kawartha has three main washroom facilities: the KYBOS, the Dining Hall Washrooms, and the Colossals.

The KYBOS are our eco-friendly outhouses! These washrooms are located towards the edge of our camp property, away from the camper cabins but still very accessible to the cabins in the cabin cluster. These washrooms are gendered (there's a Boys KYBO and Girls KYBO), but in line with our inclusion policies, campers can use whichever washroom they identify with or feel most comfortable using. Our KYBOS are made with cedar to help neutralize their smell and have hand sanitizer for when you're done!

Our dining hall washrooms are our all-gendered washrooms on site and are single rooms. A great spot to wash your hands before mealtime!

Our 'Colossals' are our largest washrooms on camp and house our shower facilities. These washrooms are gendered, but in line with our inclusion policies, campers can use whichever washroom they identify with or feel most comfortable using. Each side of the Colossals has 5 stalls (the boys' side has 3 stalls and 2 urinals), including an accessible stall.

Each side of the Colossals also features 4 shower stalls. Campers are scheduled for showers in the Colossals several times throughout their stay (typically every 3<sup>rd</sup> day, unless they are on canoe trip). We try to keep showers short to help conserve water. We recommend that campers bring something that they can carry their shower supplies to and from the shower stalls in. Each shower has a small, private change room in front of it, so campers can change privately before their shower. We also recommend bringing shower shoes!

Campers are also welcome to have a shower in our 'Cold Showers' at any point. It's worth noting that these showers aren't actually 'cold' – they just got that name because the water comes from the lake (and goes through a series of filtration systems first). These showers come equipped with lake-friendly shampoo, because all the water from these showers goes back into the lake once used!

## The Dining Hall

The dining hall is the central hub of camp! This is where our whole camp gathers to enjoy meals together three times a day. We also use the dining hall for rainy-day programming, as well as for an extra indoor space whenever needed! The 'Extension' on

our dining hall (a strawbale building added on in the early 2000's) is also a great place for playing cards or indoor games!

Our dining hall is full of activity and fun! Mealtimes are often filled with song, laughter, games, and lots of silliness. Our campers sit with their cabins at each meal and enjoy a 'family style' meal together. On theme days, our dining hall might be transformed into another world – back to the future, medieval day – who knows! Either way, the dining hall is the place to be!

### Swimming Area & Rules

Need a cold dip on a hot day? Our Swimming Area has got you covered! Our swimming area features:

- A 'Swim Board' for campers to sign in and out of the swimming area
- A swim shed full of pool noodles, inflatables, flutter boards, and more!
- Lots of lifejackets for campers of all sizes
- Cubbies for campers to store their towels in while they swim
- A sandy beach and a wade-in shallow end (roughly 25mx25m)
- A big L-Shaped dock
- A deep end sectioned off by lane ropes (roughly 25mx25m)
- A barge at the end of the deep end, which has a water slide!
- A water trampoline!
- Plenty of lifeguard equipment

The swimming area is open to different groups of campers throughout the day and is open to everyone at polar dip and GBRS. On extra hot days, we will also run a 'solar dip' during rest hour so that campers can go for a quick dip at the hottest part of the day!

Over the century that Camp Kawartha has been running, we have taken great care to develop safety policies and protocol for the safe running of our boating and swimming area. At the start of each session, every camper must complete our swim check in order to be allowed to swim at Camp Kawartha. See the Swim Checks section of this guide for more information.

Our swimming area rules help to keep everyone safe. They are:

- Swimmers must be 'blocked on' before entering the swimming area and 'blocked off' when exiting

- No campers may swim without lifeguards present
- Swimmers must stay within the lane ropes at all times
- No diving in the shallow end
- No running on the dock
- No swimming under the docks or Barge
- No roughhousing or horseplay
- A maximum of 8 people are allowed on the barge at a time
- A maximum of one camper is allowed on the slide at a time. Campers must ensure there is no one beneath them prior to sliding
- Campers must ask a counsellor before getting an item out from the swim shed
- Lake appropriate footwear is recommended when standing in the shallow end
- A maximum of 3 campers are allowed on the water trampoline at a time

Campers must follow our swim rules to be allowed to swim while at camp. Any violation of swim rules may result in a camper being dismissed from the swimming area.

Our camp is on a lake, which does mean that our swimming area commonly has fish, seaweed, rocks, and seashells within it. When there are lots of campers swimming, the fish tend to stay away, but they are sometimes visible from the dock. The shallow end is wade-in, and campers can touch the bottom up to a point. Our deep end is deep enough that campers must be able to tread water proficiently. Some parts of the deep end are deep enough that it is not possible to see to the bottom (by the barge). For campers that are nervous about the conditions of the lake, they can be assured that they will never be made to swim where they are uncomfortable. The lake temperature ranges but is generally warm enough for long swims throughout July and August. In the case of thunder, the swimming area will be closed for at least 30 minutes following the latest thunder heard. The swimming area may also be closed in the case of very high winds or unseasonably cold temperatures.

### Boating Area and Rules

Looking to enhance your watercraft skills? Our boating area is full of fun! Our boating area features:

- A boat board for campers to 'block on' and 'block off'
- A sail dock
- A canoeing beach, a windsurf beach and a kayak beach

- Canoes, windsurf boards, kayaks, sailboats
- Paddles for each type of board
- Lifejackets for each camper
- Safety kits for each boat
- Two lifeguard chairs as well as binoculars and megaphones for the lifeguards
- A 'crash' boat for emergency use (only to be used by counsellors, this small motor boat is used for rescues etc..)
- Cubbies for campers to store their belongings
- A boat shed

When campers have their first boating class, our counsellors will go over the boating area rules with them. Much like our swimming area, these rules help to keep everyone safe. They are:

- Boaters must ensure they are 'blocked on' when entering the boating area and 'blocked off' when exiting
- Lifejackets must be worn at all times
- No swimming is allowed in the boating area
- All canoes and sailboats must carry a safety kit at all times
- All campers and staff must assist with the equipment cleanup and ensure that all items are put away
- Campers must spread out when standing on a windsurf board
- Do not stand or sit on the boating equipment while on shore
- Poor weather may result in the closure of the boating area

The boating area is open each day at GBRS, so each camper may go boating each day if they wish. Our boating area is much larger than our swimming area and has at least 2 active lifeguards on duty during classes and 3 active lifeguards during GBRS. Our camp has neighboring properties close by, so campers must do their best to always stay within the boating area. In the case of high winds, thunder, or other inclement weather, the boating area may be closed.

Campers must build up their skills to take out some boats on their own. Any camper is welcome to take out a kayak or windsurf board on their own, but campers who wish to take out canoes, sailboats, or windsurf boards with a sail on their own must pass a test to ensure that their skills are developed enough to safely do so. Campers may build their skills in classes, or work with their counsellors to build up their skills to complete the tests successfully.

## Waterfront Safety & Lifeguards

During pre-camp, our lifeguards complete plenty of training to ensure that they are ready to support our campers and diligently supervise the swimming area. To be hired as a lifeguard, all staff must hold a valid National Lifeguard certificate from the Lifesaving Society. In our pre-camp training sessions, staff must demonstrate all the lifeguarding skills successfully to be allowed to work as a lifeguard during the summer. Staff also practice additional first aid training and situation-response scenarios.

To open the swimming area, we require a minimum of 2 lifeguards present at all times. During busy times of the day (i.e. GBRS), we will have at least 3 lifeguards who are on active duty surveying the swimming area. Each lifeguard is equipped with:

- A whistle
- An aid
- A fanny pack containing first aid supplies including gloves and a breathing mask

Our swimming and boating area also include:

- A spinal board
- A reaching pole
- A lifesaving ring
- A first aid kit filled with essentials
- A walkie talkie to communicate if help is needed

## Climbing Wall & Adventure Courses

Looking to soar to new heights? Camp Kawartha has 7 high ropes courses, 3 auto-belay rock climbing walls, a 'lobster claw' dynamic challenge course, and plenty of low-ropes elements!

All of our ropes courses are supervised by a staff member with their Level 2 ropes certification (an intensive high-ropes training course that requires at least 200 hours of experience). Campers have access to our ropes courses when scheduled for their use, and have access to our three rock walls each day at GBRS. Before using any of our ropes courses, campers are taught how to properly put on their harness and helmet; all harnesses and helmets are double checked by staff. All equipment on the ropes course is checked at least once a day.

Our low-ropes courses are a fantastic way for campers to work on their team-building and communication skills with their peers. Older campers in 'adventure' classes and leadership campers will be challenged by what these elements have to offer! Our original

low-ropes course was destroyed in the 2022 Derecho and a new and improved low ropes course was installed before the 2023 season!

All of our adventure courses are ‘challenge by choice’, meaning that campers are never forced to reach the highest point of the course or complete a low ropes activity, but are instead encouraged to do their best and assess their comfort level to push themselves a little bit.

### Gardens & The Range

Our gardens are a beautiful place for campers to connect with nature, learn about the natural world, and develop an understanding of local food systems. We have a vegetable garden near our parking lot space, Abby’s Garden, which hosts local species of flowers and includes a frog-pond, and a healing garden by our Health Centre! A new vegetable garden, located in an area where many trees were lost during the 2022 Derecho, was established in 2023.

Our range space boasts 180 acres of beautiful greenspace and lots of different terrains! We also have kilometers of hiking trails, including several routes complete with forests, wetlands, grassy fields, rivers and more! Campers will have the chance to explore the range through our Eco Skills classes, where they will begin to explore the essential skills of bushcraft and more! We will often use the range space as a spot to play big camp-wide games, such as our famous ‘survival’ game. The range is the perfect spot to learn about the natural world from a fully immersed perspective! If you’re lucky, you might even spot deer, owls, porcupines, foxes, lots of birds, and so much more on the range!

### Supervision & Building Self-Sufficiency

As a camper-first camp, we focus on always ensuring adequate camper supervision throughout the day. At the same time, we want to help our campers develop a sense of independence and freedom. Given the minimum age to attend overnight camp, we trust our campers with the independence to conduct themselves at various times throughout the day. Times like GBRS, after dinner free time, and in-between classes, campers might not be directly accompanied by a staff member but will instead be supervised by our area supervisors. In the case that we have particular concern about cabin dynamics or camper wellbeing, campers may be directly accompanied at all times.

Attending Summer Camp can help campers to develop a sense of self-sufficiency and independence. Many campers find that attending summer camp is a chance for them to feel in-control of the decisions they want to make – during GBRS it’s up to them if they’d

rather swim or go kayaking! This sense of freedom in a supervised environment can help campers to develop confidence and explore their interests in a variety of areas.

## Managing Homesickness

It's common for campers to experience homesickness while they are at camp. Following along with our 'Preparing your camper for camp' section of this guide will help you to get your camper all set for their stay.

Some campers will experience homesickness while they are at camp – this is completely normal. Our counsellors work to help ease feeling of homesickness by getting campers well-established at camp, connecting them with their peers, and getting them engaged in lots of activities that they will enjoy. If any camper is severely homesick, we will be in touch with the family to discuss support strategies for their camper.

We often get asked if campers can call their families while at camp. Calls home are not typically an option for campers attending camp. We strive to help our campers develop resiliency through navigating their feelings of homesickness, and calling home has commonly been found to worsen feelings of homesickness for campers. Due to the aforementioned reasons, and the limited number of phone lines and capacity for arranging phone calls/parent visits, **phone calls home and parent visits are not something that we offer campers while at camp, except in very exceptional circumstances.** If you are aware of an exceptional circumstance that may apply to your camper, please contact our Summer Director as soon as possible to discuss whether arrangements can be made.

## Siblings & Friends at Camp

Many of our campers come to camp with siblings or friends, and a question that we get asked a lot is "will my camper be able to see their friend/sibling/cousin while at camp?". Depending on age differences, most siblings that attend camp will be placed in separate cabins, except for twins or siblings who are very close in age. Having a separate cabin from their sibling can help each camper to develop their independence and unique identity.

If campers have siblings/friends who are in a different age group, they will definitely still be able to see them while at camp! Campers in different cabins may not be in morning classes/activities together, but they can sign up for the same interest choices, choose to do things together at GBRS, or hang out together during after dinner free time. There's plenty of chances throughout each day for siblings and friends to connect, even if they aren't in the same cabin group. This does look a little bit different for campers who are enrolled in leadership or who are on canoe trips, given that these programs operate on a different schedule, but there is almost always an opportunity for campers from different groups to connect from time to time.



## Camp Lingo

Something unique to Camp Kawartha is all our camp lingo! See below for some common terms!

**The Colossals** – These are our washrooms that contain our showers! Located by the Upper Playing Field

**The Cabin Cluster** – The central hub to our cabin life, and the location of 8 of our camper cabins! Just down the stairs past the basketball court.

**The East Cluster** – The cabin area on the east side of our camp, typically home to older or leadership campers. This includes the Super Cabin, which contains Oak, Cedar and Sumac!

**Campitheatre** – This refers to our campfire circle! Located right by the lake, the campitheatre is the perfect spot for singing songs and laughing with friends!

**GBRS** – General Boating, Ropes, and Swimming! Free time for campers to enjoy all of our areas for an hour each day.

**Tuck** – The candy that campers get every other day! Handed out at our tuck shop.

**PLCs** – Pre-Leadership Campers! These 13 – 14 year-old campers stay for 3 weeks and are gearing up for leadership.

**CSDs** – Counsellor Skills Development! This refers to the group of leadership campers enrolled in our counsellor skills development program.

**LITs** – Leaders in Training! Our most senior group of campers, the LITs shadow cabins and are immersed in camp life.

**The Range** – The beautiful 180-acre nature space across the road, also home to our archery range, hiking trails, wetlands, and more!

**The Extension** – The strawbale building that was built onto our dining hall in the early 2000's. Home of the salad bar and gaga ball.

**Round-Up** – When the whole camp gathers on the porch of the extension to sing a little song and share announcements before meals.

**E.P. (Evening Program!)** Held each night between 7:30 – 8:30pm, E.P. is different each night!

**Field Games** – Field Games is the time of day after breakfast where our whole camp gathers on the upper playing field to play a couple games and get our bodies moving for the day ahead! This is also sometimes called “Health Hustle”.

**The Bongo** – The water trampoline in our swimming area!

**KYBOS** – Our eco-friendly outhouses located on the edge of the cabin cluster.

**Zingtong** – A beloved camp classic EP, usually played towards the end of the session, where all the counsellors become zombies and the campers have to team up to save them!

**Bamboozled** – Another beloved camp classic EP, like capture the flag but there’s 8 teams all trying to steal each other’s flags at once – things are sure to get wacky!

**Night Hawk** – The group of counsellors assigned to supervision at night, and who the campers can go to if they need assistance

**A&C** – Arts and Crafts!

**Drance** – Drama & Dance! Drance is one of the land activity classes that we offer.

**C.O.D.** – The Counsellor of the Day! The C.O.D. is the counsellor who rings the bells, chooses the songs, and makes announcements each day.

### **Brand New to Camping?**

Some campers come to camp with lots of previous camping experience, and others are brand new to it. Whatever your camper’s experience level, they will be sure to learn the ins and outs of camping in no time! We have put together a couple bits of information that those who are new to camping might be wondering about.

## Wild Animals & Bugs

Camp Kawartha is a part of the natural world, which means sharing the space with beings within our neighbourhood. The local wildlife includes deer, beavers, raccoons, porcupines, squirrels, foxes, coyotes, black bears, a wide range of birds, and many other smaller mammals (fishers, gophers etc...). This wildlife generally prefers our calm range space to our busy main camp, and are rarely seen around camp. In the case that wildlife comes to share the space with us, campers will be taught to respectfully give the animal space, or to leave the area. Bears or Coyotes on site are extremely uncommon but may result in a brief hold and secure until the animal wanders away or until animal services are called to remove the animal from the site. Our counsellors do not carry weapons of any sort to fend off wildlife (neither on site nor on canoe trip). Before any canoe trip, our campers are briefed on what to do if they encounter a moose or black bear. Many of our canoe trips in Algonquin park have seen moose before, and from a distance they can be quite a majestic sight!

Mosquitos are part of the natural environment like all other living beings; they are the most prominent at the end of June and beginning of July. If campers are bothered by mosquitos, they are welcome to bring bug spray and afterbite with them.

Ticks have become more prevalent in our area over recent years. Our counsellors work hard to instruct campers on how to complete a tick check, and to remind campers to do tick checks each day. When going out on the range, we encourage campers to wear long pants tucked into socks to help lower the risk of getting a tick. If a camper does get a tick, their counsellor or the nurse will remove the tick, and next steps will be determined with the healthcare team.

## The Lake!

Our camp is situated on Clear Lake. Typically, Clear Lake thaws each year around the beginning of April, which gives it plenty of time to warm up by the summer months. By summertime, our lake is a comfortable swimming temperature for campers – many campers want to spend as much time in the lake as they possibly can! On colder or windy days of the summer, the lake may be a bit cold, but campers will never be made to swim if it is too cold for them.

Our lake has lots of different species of fish; generally, the fish stay away from the swimming area while there is a lot of activity going on. Clear lake does not have any dangerous fish in it. We do occasionally have zebra mussels, which are small clams with sharp shells, so campers are encouraged to wear footwear when standing in the shallow end.

### Sleeping in Cabins

Our cabins are classic and connect campers with a more rustic style of camping. They do not include any additional amenities like bathrooms, televisions etc... Our cabins are quite effective at keeping mosquitos out, and so our bunks do not have bug nets on them. We ask that all campers bring the bedding that they will need for their session.

### Electronics

One of the best parts of attending camp is the chance to disconnect from technology! Aside from radios in our cabins, our camp does not feature any modern technologies, including TVs, video games, or cell phones. Disconnecting from technology can allow campers the chance to connect with the natural world, with themselves, and with each other. It can also give campers a much-needed break from the busy world that we live in. For more information on electronics, please see our technology policy.

### Weather Expectations & Packing

During the summer the weather and temperature can fluctuate widely. During the day, temperatures can be as high as 35-38 degrees Celsius, or as low as 12-15 degrees Celsius. Temperatures can get even lower at night, particularly towards the end of August. During the summer months, we typically get rain, thunderstorms, and very occasionally hail. We encourage families to send their campers with enough clothes for each type of weather, including plenty of t-shirts and shorts for very warm days, and jackets, sweaters, and long pants for very cold days. See our packing list for more.

### Hygiene

A huge part of the fun of summer camp is being immersed in the natural world, which also sometimes means getting a little bit dirty! We're not afraid to let campers play in the mud or roll in the grass. You can expect your camper to come home with a FULL bag of dirty laundry. Campers are always allowed to have a shower in our 'cold' showers (which aren't actually cold) but are only scheduled for showers about twice a week. With campers jumping in the lake every day, showering every day isn't necessary or practical (especially considering we have 200+ people living on site and 8 showers). If a camper needs to shower as a result of being soiled, their counsellors can always arrange for them to have a shower.

### Programming

Camp Kawartha's Programming is one of its hallmark traits – we offer unique, creative programs day after day! Our programming starts with our programming team and is delivered by our awesome staff and counsellors.

## Field Games

Each morning after breakfast our entire camp gathers on the playing field for Field Games! This time of day is a chance for everyone to get their bodies moving and enjoy some high-energy fun! LITs and CSD's also occasionally get the chance to lead Field Games for the whole camp, which allows them to practice their programming skills.

## Classes

### *Archery*

Our archery range is located on our range across the road! Class begins by grabbing your water bottle, hat, sunscreen, and closed toe shoes before departing for the archery range.

Each archery class begins with a lesson or review on our safety procedures for archery. Campers will learn archery terms, our safety protocols, and the steps to shooting a bow and arrow. The campers take turns stepping up to shoot and will get individual guidance on their shooting. In some classes campers might play games such as shooting at balloons with fun jokes or challenges in them! Archery is also a great chance to win cabin points to put towards the cabin cup!

Our archery range has room for 6 campers to shoot at a time. When campers are waiting for their turn to shoot, they will hang out at a picnic table under our wooden shade shelter, and can play cards, make bracelets, or just enjoy each others company.

**Please Note:** Due to the level of risk in archery class, any camper who does not follow safety protocol may be removed from archery.

### *Landsports*

Landsports is a chance to practice your sport skills or explore new games and activities. In a two-week landsports class, each class explores a different sport. We offer basketball, volleyball, gagaball, frisbee golf, ultimate frisbee, soccer, and more! Some landsports classes might also choose to create combinations of sports or invent their own games!

### *Drance*

Drance is our super-combo of drama and dance! Drance takes place in our 'classroom' space, where campers will have access to our collection of costumes to bring their characters to life! Classes include a mix of drama and dance games and activities, and in a 2-week class, campers often work towards a final project or performance.

### *Eco Skills*

In working towards our mission of helping to foster kinship with each other and the earth, Eco Skills allows campers take a deep dive into the natural landscape around CK. In Eco Skills class, campers will have the chance to explore our range space by going on hikes, learning about the plant and animal life in the local area, learning about edible plants and foraging, practice fire building and shelter-making, and so much more!

### *Arts and Crafts*

Arts and crafts is a chance to let your creative juices flow!! We strive to do nature crafts where possible, including leaf-pressings, natural tie-dye, nature-weaving, and nature-inspired drawing or painting. We also do classic arts and crafts, including tie-dye, pottery, bracelet making, and collaging!

### *Adventure/Rock Wall*

While all campers will have the chance to try the rock wall while they are at camp, our older campers will enhance their leadership and teamwork skills through adventure class! In adventure class, campers will learn about leadership through initiatives, high ropes, and low ropes courses.

### *Canoeing*

What's more classic camp than canoeing class?? Nothing! Canoeing class starts off with the basics; the parts of the boat and paddle, the different strokes, water safety, and of course getting out on the water! Canoe classes will also play games such as tag or Simon Says! In a two-week session, campers may also get the chance to learn about the history of canoeing, practice canoe over canoe rescues, or give portaging a try!

### *Kayaking*

Kayaking is an awesome chance for campers to explore their independence while on the water! Like canoeing class, Kayaking class starts with the basics of learning the parts of the boat and practicing paddling, and over time, in a two-week class, campers will have the chance to practice their skills of kayak-over-kayak rescues and may even practice some white-water skills like Kayak rolls.

### *Windsurfing*

Windsurfing is an awesome sport that campers can develop their skills in over the years they are at camp. Most of our windsurf classes start off similar to our other boating classes by learning the parts of the board and the sail, and then practicing paddling on a board without a sail outfitted. The sails are pretty heavy, and learning to use one takes time and practice; in a two-week class, each camper will get one-on-one time with a staff member to practice their skills with individual coaching. It may take a couple of years at camp for a camper to get the hang of the balance on the board and hauling up the sail, but with practice they'll be flying! Windsurfing class is also a fantastic opportunity for water-loving campers who want to have fun splashing around in our boating area and practicing their balancing skills on the board!

### *Sailing*

In sailing, campers will start by learning the parts of the boat, and how to rig up the sailboat. After setting sail, there's so much fun to be had by exploring Clear Lake, practicing tacking and gybing, and soaking up the sun! Camper boats always have a staff member in them to help with steering and directions, with the exception of any sailing pros in the class that have passed their 'white bead' test and are able to take out a sailboat on their own.

## **Departure Day**

### **Packing**

Depending on your camper's session, Departure may occur before or after lunch. Please see our "Arrival and Departure Times" document for more information. Our counselling staff will help campers get all packed, including packing any wet clothes in a plastic bag. If they help pack their bags when they come to camp, it will be much easier for them to do it when heading home! Campers will help clean the cabin one final time, and say their goodbyes to their counsellors and cabin mates!

### Pickup

When you arrive at camp to pick up your camper, you will be directed to a parking spot, and then line up to have your ID checked and be brought down to your camper. **Please have 2 pieces of ID ready to go.** Our staff will verify your ID, and then a staff member will walk you to your camper's cabin where they will be waiting with their counsellor, cabin mates, and packed belongings. This is a great opportunity to take a photo of your child with their cabin and counsellors! Each camper will receive a cabin photo with all their cabin mates as well.

On your way out, be sure to stop at lost and found and our Gift Store!

**Please Note: Campers MUST be picked up at their scheduled arrival time. We cannot accommodate campers staying beyond their pickup time as we must prepare for our incoming group of campers, which includes time-sensitive cleaning protocol. Please prepare to pick your child up for their listed pick-up time.**

## Camp Food & Mealtimes

Mealtimes are such an important part of the day in our camp community as campers have the chance to come together with their cabin groups, share in a family-style meal, and have fun! See below for information on what mealtime looks like at Camp Kawartha. If you have any questions about mealtime practices or your camper's specific needs, please contact [kitchen@campkawartha.ca](mailto:kitchen@campkawartha.ca)

### Set-Up

Before each meal, a camper group is assigned to be on 'Set-up' for the meal; this means setting the tables for the whole dining hall. Campers will be instructed by the kitchen staff on what utensils to put at the tables, and which condiments to put out. Once the meal is finished, the cabin group that was on set-up also is on clean-up; this includes sweeping the dining hall floor, and putting up the benches so that our cleaning staff can come through following the mealtime. Helping with set-up and clean-up encourages campers to take ownership over mealtime, and helps our community to operate smoothly.

### Round-Up

Before each meal, our camp comes all together on the porch for 'Round-Up'. This is a time where we all sing a song, and any announcements might be shared with the camp.



It also helps us to control the flow of campers into the dining hall so that there's not a mad dash of campers before meals.

At dinner time, we sing 'Johnny Appleseed' before eating. While this song does have religious roots, we sing our Camp Kawartha version which thanks the earth for the food provided (rather than any being associated with one religion or another). Any campers who typically say a prayer or thanks before mealtime will be welcome to do so as well.

### Family Style Meals

The family-like structure of Camp Kawartha is a huge part of what makes our community meaningful to our campers and staff. At Camp Kawartha, we serve family-style meals to campers. This means that each cabin group sits together at its own table and serves itself from the same several platters of food that are passed around the table. This also helps us to facilitate a smooth mealtime without too many people walking around our dining hall at one time.

Each meal, our campers play a game called 'FREEZE!' to determine who will carry up the scraped dishes from the table to our dish sorting station. At any point in the meal, a counsellor for each table will call out 'FREEZE!' and campers must stay frozen for as long as they can (this does not include chewing, sneezing, coughing, itching etc...; campers will not be considered 'out' if they sneeze etc..). The camper that moves first will be the one who carries the plates and cutlery up to the dish sorting station. If you end up helping to clear the table at one meal, then you have immunity from freeze for the meal immediately following! On the last day of camp, campers get to call freeze on their counsellors!

### Sample Menu

See our chart below for an example of what an average day might look like for Camp Kawartha's meals and snacks!

<b>Breakfast</b>	<ul style="list-style-type: none"><li>- Scrambled eggs, hash browns and bacon</li><li>- Oatmeal Bar (chocolate chips, cinnamon, brown sugar)</li><li>- Fruit (melon, grapes, strawberries)</li><li>- Orange juice</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>- Granola Bars (nut-free)</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>- Tacos / Taco salad with lettuce, tomatoes, sour cream, cheese, salsa, guacamole, and taco beef (or vegetarian substitute)</li><li>- Salad bar</li></ul>

	- Juice
<b>Snack</b>	- Goldfish crackers
<b>Dinner</b>	- Vegetable curry (not spicy) with chickpeas, squash, tomatoes, zucchini, carrots, rice - Naan bread - Salad bar
<b>Dessert</b>	- Brownies
<b>Snack</b>	- Cheese & Salami

### **Dietary Needs & Picky Eaters**

If your child has dietary needs, we encourage you to reach out to our Kitchen Manager ahead of your campers stay to discuss their needs. We can accommodate most dietary needs and ensure that a good substitute is provided for any camper with allergies or sensitivities. It is important for our health team and our kitchen to have a full understanding of the extent of the allergen/sensitivity, so that we can appropriately prepare food in a manner that is safe for your child.

If you have a child that is coming to camp who is a picky eater, our counsellors are ready and equipped to help! We try to have a variety of options at each meal so that campers who have food preferences can find something that they like. If we have concerns about your campers eating habits, we will contact you to strategize on how we can support them during their stay.

## **Camp Policies**

### **Camper Code of Conduct**

It is our commitment to provide a rich and wonderful camping experience for all campers. To assist us in offering the best camp experience we possibly can, please review our camper code of conduct found at the end of the family guidebook. We want to create a safe and nurturing environment for everyone!

## Camper Calls & Calling Home

Part of the nature of camp is being away from family for some time! While this can be new and daunting for some campers, we do everything in our power to help make the transition to camp comfortable for each child. In the spirit of helping campers to develop independence in coming to camp, **we do not allow campers to call home while at camp, except in very exceptional circumstances.** A call home may make homesickness worse for a camper who is struggling to be away from home. If we have concerns about your camper's wellbeing while they are at camp, we will be in touch with you about next steps.

As a part of our technology policy, no camper is permitted to bring a personal phone to camp. If a camper is found with a personal phone, it will be confiscated and may result in their dismissal.

## Dealing With Conflict, Bullying & Camper Misbehaviour

With lots of young people getting used to sharing a space for the first time, conflict does occasionally arise while at camp. Our Head Counsellors work to train our staff to identify potential conflict before it becomes a bigger problem, and work with campers to collaboratively approach each situation. In cases where conflict escalates beyond small disagreements, our Head Counsellors may work with individual campers or a whole cabin group to resolve conflict.

In the case that conflict escalates to bullying, we may consider additional action with the offending camper, including conversations with our Assistant Summer Camp Director, our Summer Camp Director, or the camper's family. In extreme cases of bullying, hate speech or discrimination, or any case of physical or sexual harassment, a camper will be immediately sent home without refund, as outlined in our Camper Code of Conduct.

## Communication with Families

We do our very best to be in touch with families throughout their child's stay! Our summer season can get quite busy, so we **highly encourage families to approach us with any concerns they may have about their campers stay before the start of the summer season.** The earlier we can be in communication with you, the better. We will be in touch with families as soon as possible if we have concerns about their child while at camp.

If you have concerns that arise during your campers stay at camp, please contact our offices. Given the volume of communications we receive during the summer, we request

that families reach out to the staff that will be best able to help them with their concern in a timely manner. Our team may forward emails on to the person who can best answer them in a timely manner.

- For concerns or questions about **general camper care and wellbeing, pick-up and drop-off, or lost and found** please contact [campercare@campkawartha.ca](mailto:campercare@campkawartha.ca)
- For concerns or questions about your camper's **health, medication, or illness**, please contact our nursing team at [healthcare@campkawartha.ca](mailto:healthcare@campkawartha.ca)
- For concerns or questions about **camper mail, cabinmate requests, or registration (forms, payment etc..)**, please contact our registrar, Sarah, at [sarah@campkawartha.ca](mailto:sarah@campkawartha.ca)
- For concerns and questions about **camper accommodations, ongoing camper concerns, concerns following your stay, and questions about our policies**, please email our Summer Camp Director, Emma, at [emma@campkawartha.ca](mailto:emma@campkawartha.ca)
- For **emergency communications** please call our Summer Camp Director, Emma, at 647-963-6206. If quick, but non-emergent communication is needed, you can also text this number.

\*To keep this line open for emergency communication, please only call this line in the case of an emergency (i.e. death in the family)

## Photo Gallery

Families will receive a link to the photo gallery for their child's session in the weeks leading up to their time at camp. We typically use Google Photos to host our photo galleries. The photo gallery is intended to give families a glance at what's going on at camp during/after their child's stay with us. **We cannot provide photos of every child while they are at camp.** With very limited internet capacity and a large number of campers to capture, uploading photos of over 130+ campers each week is not possible for us to undertake. We will do our best to upload photos to the photo gallery when we are able but must prioritize our internet services for office work and essential communication with families. With this in mind, please **do not** contact us during your child's stay requesting photos of your child. Our offices field hundreds of emails every day, and we will not be able to be responded to these e-mails.

If you are hoping for photos of your child while they are at camp, we highly encourage you to send them with a disposable camera! This way, they will be able to take pictures each day of their camp experience, and you will have them to reflect on and share once they get home!

## **Camper Mail**

Hoping to get in touch with your camper while they are at camp? Then Camper Mail is the way to go! Our camper mail email address will be shared with families ahead of their camper's arrival to camp. Our office prints off camper mail Monday-Friday. Camper mail is typically delivered at rest hour for campers to read while getting out of the hot midday sun!

If you need to be in touch with your camper more urgently, we can facilitate scanning/emailing of camper mail on a case-by-case basis. Or, if in the case of an emergency, please text our Summer Camp Director at 647-963-6206.

Families are welcome to send care packages to their camper while at camp. We ask that families do not send any food containing nuts or traces of nuts to their camper while at camp. If a package is found to contain snacks with nuts in them, we will hold it until the camper's departure day.

Physical mail and care packages can be mailed to:

Camper Name  
Session, Cabin,  
1010 Birchview Road  
Douro-Dummer, Ontario  
K0L2H0

We have a mailbox by our office where campers can send their written letters. We recommend families send their campers with pre-addressed envelopes to make letter sending easy for their child. While our counsellors will do their best to encourage campers to send home a letter, we cannot guarantee that each camper will mail home a letter, and it is left up to them to decide if they wish to do so! Some campers will promise they will write letters home... but then get caught up in all the fun and never end up doing so! If a camper needs help getting a letter home, we will be happy to assist them.

## Gift Shop & Care Packages

If families want to order something from our gift shop for their camper, there are a couple ways that they can go about doing so!

First, they can head to our online gift shop at <https://shop.campkawartha.ca/> and follow our 'Care Package Instructions' (<https://shop.campkawartha.ca/pages/care-package-instructions>) to get their package delivered to their camper upon arrival, during their stay at camp, or at their campers pickup time!

Our gift shop is typically open on pickup days, so families can also take a visit to the gift shop on their way out! Gift shop prices are not included in camp fees.

## Healthcare

From First Aid and CPR certifications for all our staff, to having a healthcare provider, an AED and extra Epi-pens on site, we ensure that health and safety is an integral part of our programming. The healthcare needs of our campers come first.

If you have a specific concern regarding your camper's health, please email [healthcare@campkawartha.ca](mailto:healthcare@campkawartha.ca) to arrange a phone discussion to ensure that we can accommodate their needs.

## Prior to Coming to Camp

[Click here to login to your online registration account](#) and confirm that you have completed the following:

### Health form

- Have you included your child's **Health Card Number** OR **Insurance Information** for out of province or international campers?
- Is your **Emergency Contact Information** up to date?
- Have you shared all health (physical, emotional, mental) related concerns?
- If you need to update or add any information, contact our healthcare team at [healthcare@campkawartha.ca](mailto:healthcare@campkawartha.ca)

### Camper photo

If you haven't already, **be sure to include a current photo of your child**. For emergency purposes, a photo is very important for us to have on file. If you do not have a school

photo, please upload a head shot that is clear with good lighting, no hats or sunglasses, and with a clean background.

### **Anaphylactic Emergency Plan**

If applicable, please fill out the allergy section of the health form in detail. If you indicate anaphylaxis on your health form, an anaphylaxis emergency plan automatically generates for our staff. Be sure to include a current photo of your child.

### **Medications**

If your child is bringing ANY medications to camp (including prescription, over the counter, and homeopathic medications), please refer to our: [Camper Medication Form \(click here\)](#).

### **The Healthcare Team**

Our **Health Care Team** consists of the following:

- **Health Care Coordinator:** A Registered Nurse involved with all components of the healthcare program, from organizing healthcare providers, training staff, developing Healthcare policies and procedures and communicates with parents and guardians about their health care questions or concerns.
- **Local Physician:** Our camp doctor will assess and treat campers and staff at their local clinic when more advanced care is needed. They will also be available for support and advice for the healthcare team on site.
- **Camp Nurse/Paramedic:** A Registered Nurse, Registered Practical Nurse, or Paramedic lives on site 24 hours a day. They are responsible for all medication administration and the assessment and care of all the campers and staff.
- **Healthcare Assistant:** This position is an individual who is in a healthcare program at a university or college. They live on site and assist the nurse/paramedic with all components of healthcare. If a camper requires a higher level of care, either with our physician or at the hospital, the healthcare assistant will accompany the camper.
- **Dentist / Orthodontist:** A local dentist will assess and treat dental and orthodontist issues on short notice.
- **Ambulance and EMS Service:** Camp Kawartha is 15 minutes from Douro-Dummer Fire Hall (a volunteer Fire Department) and 15 minutes from the Lakefield Ambulance Station.

- **Hospital:** Camp Kawartha is 40 minutes from Peterborough Regional Health Centre that has a large emergency department, a Paediatric Outpatient Clinic and Paediatricians on staff.
- **Peterborough Public Health:** Available to help manage infectious diseases or any health questions that arise during the summer and throughout the year.

ARRIVAL DAY: Campers who bring medication to camp or have health concerns will come to the Health Centre on arrival day with their parents/guardians. There they will meet with the healthcare team to discuss a plan of care for their session.

### Health Centre and supplies

Our Health Centre is an eco-friendly straw bale building (2021) that has a fully equipped clinic with first aid supplies as well as patient assessment tools (BP cuff, thermometer, stethoscopes, oxygen saturation probe, etc.).

The following medications are stocked in the Health Centre:

- For pain or fever: Acetaminophen (Tylenol) and Ibuprofen (Advil)
- For nausea/vomitting: Dimenhydrinate (Gravol)
- Antihistamine: Loratadine (Claritin) and Cetirizine (Reactine)
- Epinephrine (also located in the dining hall)
- Calcium Carbonate (TUMS)
- Throat Lozenges
- Calamine Lotion

The AED is located in the dining hall.

The nurse or paramedic lives in the Health Centre during their session at camp. There are three Wellness Rooms for campers who need rest or a quiet space to decompress.

### Head to Toe Checks

Before camper arrival, all staff are made aware of information on camper health forms relating to special needs, accommodations, life-threatening allergies and health conditions. Once campers arrive, they will have a private discussion with their counsellor about their health status and their healthcare needs, known as a "Head to Toe".

Each cabin group will visit the health centre to ensure that all campers know its location, and are aware of who the healthcare team is and feel comfortable in this setting.



## **First Aid and CPR Training and Fanny Packs**

All Camp Kawartha staff (summer and full time) are trained in Standard First Aid and CPR. Tripping staff have received certification in Wilderness Advanced First Aid (WAFA) or Wilderness First Responder (WFR).

All summer staff carry a fanny pack with first aid supplies. Fully stocked first aid packs are carried on canoe trips, or when campers are going across the street to "The Range" which is 180 acres of forest, meadows and trails and the location of our archery site.

## **Injuries and Illness at camp**

An injured or unwell camper is first assessed by their counsellor. If an injury is minor, ice or a band aid will be applied by the counsellor. If more treatment is required or the camper appears unwell, they will be taken to the Health Centre to be assessed by the healthcare team, or the healthcare team will come to them. If the nurse or paramedic deems that the camper requires a physician or dentist assessment, they will make the necessary arrangements to have the camper seen either in the doctor's or dentist's office or in the Emergency Department at the hospital.

Parents/guardians will be notified about this prior to the camper leaving the camp unless it is an emergency, at which point you will be notified as soon as possible.

If a camper is prescribed a medication, families will be billed for the cost through their household accounts.

## **Injuries and Illness while on Canoe Trip**

A camper who is injured or becomes sick while on trip is assessed by the tripper (trained in WAFA or WFR). The tripper will contact the camp healthcare team and medical assessment will be completed over the phone. If it is decided that the camper must be evacuated from the trip, this will be organized by the healthcare team, the trip director and the summer camp director. Parents/guardians will be notified of this as soon as possible.

## **Mental Health**

We do not have any Mental Health Specialists on staff. Our healthcare team comes from a variety of backgrounds and may or may not have had direct experience in this area of medicine.

It is very important that parents/guardians share the challenges your child is going through. Please thoroughly fill in your child's Health Form with any pertinent details.

### What we can do for campers with Mental Health Challenges:

- Support a camper with an ongoing mental health challenge.
- If the camper has a therapist at home, we can facilitate a virtual or phone appointment in our Health Centre.
- Allow a camper time to decompress in one of our Wellness Rooms in the Health Centre for a short period of time.
- Stay in contact with parents/guardians about how their child is coping at camp.

### What we can't do for campers with Mental Health Challenges:

- Provide mental health therapy.
- In the case of a new, critical mental health event that is impacting the camper's experience, we will be unable to allow your child to stay at camp. They will be supported in the Health Centre until parents/guardians arrive to take the camper home to seek out a professional medical assessment and treatment for their child.

### Sun Safety

Please send your child to camp with sun-protective clothing, a hat, sunscreen and a water bottle. Campers are encouraged to wear appropriate sun protection, apply/reapply sunscreen and hydrate frequently.

### Allergies

If your child has allergies, please ensure that full details are provided in their health form. We are a Nut Safe camp, meaning we avoid any nuts in all our meals and snacks. If the camper has an allergy to a product, insect or plant, we will make every effort within reason to keep the camper away from that allergen. Campers who have allergies that require medication, Epinephrine Auto Injector or Asthma Inhalers must visit the health centre on arrival day. Campers who have a life-threatening allergy should come to camp with two Epinephrine Auto Injectors (see Medication form above for more details). The camp also has extra Epi-Pens stationed in the dining hall, health centre and out-trip first aid kits. **To ensure the safety of all individuals at Camp Kawartha, we prohibit nuts and foods containing nut sources at both our facilities.**

ARRIVAL DAY: Campers who have allergies that require medication, or an epinephrine auto-injector must visit the Health Centre on arrival day. You are welcome to discuss specific dietary needs with the head cook on staff, by emailing [kitchen@campkawartha.ca](mailto:kitchen@campkawartha.ca) and/or visiting the kitchen window on arrival day.

## Communicable Disease Policy

Infection prevention and control is a key component to maintaining a healthy camp. We trust that our approach places your child's health and safety as a major priority at Camp Kawartha.

### Screening

- Prior to bringing your child to camp, please screen them for the following symptoms (new/unexpected or outside of their baseline health): *fever, cough, shortness of breath, decrease or loss of taste or smell, muscle aches or joint pain, extreme tiredness, sore throat, runny or stuffy/congested nose, headache, nausea, vomiting and/or diarrhea, abdominal pain, pink eye, decreased or no appetite.*
  - The following self-assessment tool can be used as a guide:  
<https://www.ontario.ca/self-assessment/>
  - Do not bring your child to camp if you think they might be ill.
  - We understand that camp is a new experience that can bring on a nervous feeling, causing physical symptoms (ex. "tummy ache" or fatigue due to lack of sleep the night before). If your child has any symptoms that are outside of their normal, please give us a call so we can help you assess your child's health and determine the best course of action.
- Please notify the camp if your child has been in contact with a communicable disease within three weeks prior to arrival at camp.
- As you arrive to camp (overnight camp only), a member of the summer camp staff will screen every camper for symptoms.
- A camper who is showing signs or symptoms of a communicable disease (on arrival or during their stay) will be assessed by the nurse, and parents will be contacted. Ill campers must return home until they are fever free for 24 hours, and have had 24 hours of improving symptoms (any symptoms from the list above). Campers must be 48 hours free of gastrointestinal symptoms before returning to camp.

### Handwashing

- Handwashing signs are located in all washrooms at Camp Kawartha.
- Handwashing is encouraged before eating and after using the washroom.

### Immunizations

- Immunization is a key component of maintaining a healthy camp.

- Camp Kawartha recommends that all campers and staff be up to date with their immunizations based on their age, according to [Ontario's Publicly Funded Immunization Schedule \(click for information\)](#).
- As our obligation to protect the health of your child and the broader camp community, it is important for us to know your child's vaccination status. Please provide up-to-date information on your child's health form.
- In the unlikely event that a case of measles (or any other disease targeted by Ontario's Vaccination Program) is discovered at camp, unvaccinated children will be sent home for the recommended period of isolation (i.e. measles 21 days) without any fee adjustment.

### **Masking**

- Masking is optional and not required at Camp Kawartha. Your child will be responsible for their own masking should they prefer, or you prefer them to mask.
- In the case of a severe outbreak of any communicable disease, masking may be implemented by our healthcare team or Public Health.

### **Head Lice**

We have a tried and tested practice in screening for head lice on arrival day. Our preventative measures ensure an easy and straightforward process that allows campers to get on with the business of being happy campers from arrival to pick-up.

We understand that arrival day can be both an exciting and anxious moment for campers and parents. We also know that finding lice and/or nits can be emotionally challenging. We appreciate your support of our policies and procedures, which are grounded in maintaining a safe and equitable environment.

### **A few days BEFORE coming to camp:**

Check your child's head for lice and/or nits. How and what to look for...

- Finding lice is tricky, and it gets missed – and misdiagnosed frequently. With sunlight, or a bright light, and a pair of magnifying glasses (if available), check the crown of the head and the hotspots. These are in the bangs, around the ears, and on the back (or nape) of the neck. Check the whole head, because frankly, lice could be anywhere.

- If you find something and you can flick it off, it's probably not a nit. Nits – or lice eggs – are cemented to the hair with the bug's special bond. If you can remove it, tape it on a white piece of paper and examine it.
- Lice eggs have colour; they're not white. They're teardrop shaped, brownish, and attached to one side of the hair shaft. They're tiny – but visible. Lice bugs – lice (or in the singular, louse) – are unmistakable. They're about the size of a sesame seed, and light to dark brown in colour.
- Check out [The Lice Squad \(click here\)](#) for everything you need to know about Lice and their products.

### Arrival Day:

All campers will be checked for head lice by staff in a semi-private location. Note that our staff are not lice experts and could miss a louse or nit. **If lice or nits are found, campers MUST be treated in order to stay at camp.** This can be done privately at home, or we can proceed at camp with our non-toxic lice treatment. Parents/guardians must stay and assist with the first treatment. Each treatment takes 3-4 hours, and will be repeated every 4 days during your child's time at camp until they are nit free.

### Ticks and Lyme Disease

Over the last few years in Southern Ontario there has been an increase in Ticks that carry Lyme Disease. All of our counsellors will be trained in Tick Checks, Identification and Removal. You can help us help your camper to **prevent** tick bites.

- Pack light-coloured long pants and long sleeve shirts to wear while on nature hikes on "The Range" to make it easier to visualize crawling ticks.
- Provide bug spray so your children can spray their shoes and ankles before walking in long grass.
- Talk to your child about doing tick checks after they have walked in long grass or are on trip. [Please click here](#) for tick prevention information.
- Day campers: Parents, please do a tick check in the evening.
- Overnight campers: Parents, please talk to your child about how their counsellors will help them check for ticks behind their knees, on their necks, behind their ears and in their hair. This will be done in the cabin or while out on trip with other campers present.
- **If a tick is found**, your child will be seen by the camp nurse or paramedic (if on trip, by a staff with Wilderness First Aid) who will remove the tick as per the [Centre for Disease Control protocol \(click here\)](#).

- The camp physician will be contacted if it is suspected that the tick is a Blacklegged tick attached for >24hrs. Parents will receive a phone call regarding tick removal and be included in discussion of any next steps that may need to be taken.

## Bed Bugs

Over the last few years bed bugs are making a resurgence in Ontario, and Camp Kawartha is taking as many preventative measures as we can. We have a canine unit (aka, sniffer dogs) assess the entire site twice a year including immediately prior to the Summer Camp season. Additionally, our maintenance and housekeeping staff are trained on inspection, and do so during our mid-summer changeover. If bed bugs are found in a cabin, that cabin will be closed, heat treated and put back in service only when cleared by our pest control partner.

Here is how you can help us prevent bed bugs.

- If you have been travelling before coming to camp or live in an area where bed bugs have been a problem, please ensure proper prevention, detection, and treatment methods. <https://www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-how-do-i-get-rid-them.html>
- Before packing items (clothes, shoes, sleeping bag, pillow, etc), place them in a hot dryer for 30 minutes. *Freezing is not effective.*
- Be conscious to wash items that may have been in storage for a significant amount of time and not part of a regular wash cycle (ie. Sleeping bag, sheets or blankets that may have not been used for a long period of time), and dry in a dryer on high heat for 30 minutes.

Please visit our website [Health and Safety page](#) for more resources.

If you have any questions or a specific concern regarding your camper's health, please feel free to contact our healthcare team at [healthcare@campkawartha.ca](mailto:healthcare@campkawartha.ca). We will try to respond within 24-48 hours.

## Health & Safety Policies

With over 100 years of operation, Camp Kawartha has had much opportunity to refine our policies when it comes to safety. See below for some of our policies. Please note that this does not include every safety policy that our staff are trained on, and that additional staff training and policy updates are ongoing.

## Extreme Weather & Storms

Our recent learning experience with the Derecho of 2022 taught us a lot about how we could approach extreme weather and storms in a safer, more controlled fashion. As a result, a team of our most senior staff put together a storm response policy that campers and staff alike follow.

Two of our most senior staff, typically the Summer Camp Director and the Assistant Summer Camp Director act as the 'storm designates' throughout the summer. It is their role to monitor the weather and enact our storm protocol at the outset of signs that a storm is approaching. We use weather radars and visible weather signs to assess developing weather (winds picking up, dark clouds approaching, rain beginning/picking up etc...). If there are signs that weather is developing and may begin to pose a threat, the weather designates will use our communication systems (walkie talkies held by many of our staff) to move us into one of our 'Weather Zones'. On their first day of camp, campers will be briefed on these 'zones' and the action that they require.

- **Yellow Zone** indicates that the winds have picked up and/or thunder has been heard. During yellow zone, our swimming area and rock wall close, and campers must return from the range. All other activity can continue as normal.
- **Orange Zone** indicates that the weather is developing and getting more severe. Orange zone requires that campers and staff all begin to make their way up to the dining hall space; campers who are in swimsuits may change and then head up to the dining hall. Counsellors will account for all their campers during this transition time.
- **Red Zone** indicates that the weather is appearing to be very severe. In this stage, campers must immediately make their way to the dining hall, and do not have time to return to the cabin to change. Counsellors will account for all their campers and very quickly and usher them up to the dining hall. Campers and staff who are unable to safely make it to the dining hall in time will shelter in the nearest building until the storm has passed. Red zone is also marked by the prolonged ringing of our camp bell. Once in the dining hall, our counsellors will be prepared to help calm camper nerves and provide gentle entertainment until the storm has passed. If the storm was very extreme, our senior staff will do an assessment of the camp (checking for damage, downed trees etc.) before allowing the campers out of the dining hall and back to their usual activities.

If a storm occurs in the night while campers are in their cabins, they will remain in their cabins for the duration of the storm and be encouraged to try their best to fall back asleep. If the storm is very severe, the campers may be asked to bring their mattresses down to the floor of the cabin, as an added safety measure.

**Please note:** In the case of severe weather, our staff, including our Summer Camp Director, will be very busy managing the safety and wellbeing of the campers in real-time. As a result, we will not be available to answer emails immediately, or provide minute-by-minute updates on your camper's wellbeing. If a storm is highly damaging or a very scary event for some of our campers, we will be in touch with their families as soon as we are able. Additionally, the internet and phone lines servicing our camp can tend to be damaged in storms; it may take us some time following a storm to be able to return to our regular capacity of communications. If anything requires immediate communication to any family (i.e. any injury caused by a storm), we will travel to where service is available to ensure that communication is made as soon as possible.

### Missing Campers & Searches

Over the years, we have developed a policy and staff training for how we can conduct searches of our property in the case that a camper goes missing. To help prevent campers going missing, we take care to show our campers the designated boundaries of the camp on the first day.

We have an extensive search procedure that our staff are trained on during our staff training week. Starting with a preliminary search of the entire campground and moving into a search of both our land and water areas, these searches are designed to cover as much of the campgrounds as we possibly can with the staff that we have.

Our staff practice our search procedures at least once per session. During a drill, all campers are sent up to the dining hall, where attendance will be taken.

*If a camper demonstrates an intent to run away from camp or attempts to run away from camp, they will be sent home immediately without refund, as this poses a significant risk to the camper's safety and wellbeing.*

### Fire

In the case of a fire at camp, our campers and staff will be sent to an appropriate holding area while emergency services come to intervene. In some scenarios, this may include waiting in their cabins for some time while the emergency is dealt with. Each cabin is equipped with a fire extinguisher, as are all of our camp buildings. In the case of a fire at the camp, campers and staff will receive directions from the Summer Camp Director or Assistant Summer Camp Director while emergency services are on their way.



## Canoe Tripping & Wilderness Programs

### Tripping Locations & Routes

The routes and locations for our canoe tripping programs depend on factors such as the age and experience level of the camper group, the program they are enrolled in, and the availability of camping sites. Common locations include Kawartha Highlands, Algonquin Park, and Killarney Park.

For our Intro to Canoe Trip programs and PLC canoe trips, we often send groups to the nearby Kawartha Highlands. Routes in this park typically range from one night to four nights. Trips to Algonquin are typically longer, and done by older campers in our Leadership or Tripping programs. These trips range from four to nine nights, depending on the program. We have often sent our WLIT campers to Killarney Park for their canoe trip experience, though site availability can vary significantly year to year. When booking our canoe trips for each summer, we prioritize finding routes that will be a good fit for the experience level of each program, that draw on the experience of our canoe trippers and Tripping Director, and that are within reasonable driving range from camp.

### A Day in the Life of Trip

While out in the wilderness on trip, campers operate on a bit of different schedule than back at camp! The beginning of our days involve breakfast, taking down our campsite, and filling up the canoes with our packs. The time that we wake up depends on the day and how far we will need to travel.

Once the campsite has been disassembled it is time to head out on the water. Canoeing across lakes and portaging the canoes across trails takes up the majority of our day. The trippers direct our travel and lead the group through paddling and portaging. Throughout the day there will be time set aside for snack breaks and lunch. Water bottles are kept full throughout the day as staying hydrated out on trip is very important!

Once we arrive at the campsite for the day the boats are unloaded, and everyone will help to set up the tents. Once everyone is on land, they will be able to change into their dry clothes and then help gather firewood. Once enough firewood has been assembled it is time to make dinner. There is often some time for exploring the campsite, playing cards or games, and taking in the sights! The day ends with a check-in about how everyone's day went. Then it's time for bed, everyone will head to their tents to get some much-needed rest for tomorrow's journey.

## **Packing for Trip and Preparing for Trip at Camp**

If your camper will be participating in a canoe trip while at camp, please see the “Canoe Trip” section of our packing list in the appendix. It’s important that campers have everything they need to stay safe out on trip, and we avoid bringing anything ‘extra’ as this will mean more to carry! Before they head out on trip, campers will be supported in packing their trip clothes and equipment to ensure everything makes it out of their suitcase and into the trip bags! Campers do not need to bring tents, personal packs, or any camping equipment (pots, pans etc...).

## **Portaging**

Most days on trip there will be some amount of portaging to travel from one lake to another. Portaging is a group effort where everyone works together to move all equipment packs and boats. Campers will carry objects based upon their ability, with packs carrying everyone’s dry clothes usually being the lightest and canoes being the heaviest. These portages range in distance from less than 100m to over 3km. The longer portages are saved for older campers as they do tend to be more physically intensive.

While portaging one counselor leads the group and another is the tail. That way campers will not get lost. If anyone needs to take a break during the portage, they will have the chance to do so as many times as is needed.

## **Trip Foods & Meals**

On trip, meals are incredibly important to keep everyone’s energy up for the paddling that they will need to do the next day. As a result, our trippers make sure to work with the campers to design a meal plan that will work for everyone. These meal plans include accommodating people with dietary restrictions be that vegetarian, vegan, gluten free, or accounting for any other food-based allergy. As food preparation areas and tools are limited while out on trip, extra precautions are taken to avoid cross-contamination.

Food planning happens days prior to leaving for trip and the tripper will work with the group and/or their counsellors to determine which meals will be brought on the trip. Breakfasts range from oatmeal, to pancakes, to eggs and bacon, and ‘no-bake’ (pan-fried oatmeal with apples and brown sugar). Lunch tends to be some form of sandwich or wrap as cooking is not usually an option during the middle of the day. Dinner is where there are the most options as there is more time to cook, with meals ranging from stir fry, to chicken burgers, to alfredo pasta, to pizza.

Dishes are done on trip every morning and evening in a large pot with biodegradable soap. By doing the dishes in a pot and disposing of dishwater properly, we avoid polluting the environment around the campsite or attracting animals. Pitching in to do dishes helps campers to develop responsibility and understand the principles of environmental kinship.

Drinking water is essential on trip, and our trippers ensure that it is readily available to campers. They are trained in several methods for collecting and treating drinking water, including the safe use of gravity filtration bags and water purification tablets. Each trip carries several different water purification options, for various circumstances.

### **Sleeping on Trip**

Sleeping on trip can sometimes take some getting used to! Campers will be in a tent that sleeps between 3-6 campers. They will each bring their own sleeping bag, long pants, and sweater to keep them warm through the night. Pillows are too large to bring on trip, so instead campers often use their dry bag as a pillow. Some campers find that the noises outside the tent make it difficult to sleep, so they may bring earplugs if needed – though some campers find the wilderness noises soothing!

Counselors do not sleep in the tents with the campers, but are in their own tent nearby. The counselors are close enough that they can still hear and supervise the campers while giving them their own space. If there is an emergency in the night, all campers will know where the counselor tent is and can get help needed at a moment's notice.

### **Medication on Trip**

Medication on trip is administered and carried by the tripper. The tripper will have received instruction and training by the nursing team about how to administer any medication that a camper has on the trip. All administration of medication is recorded and once the tripper returns is checked by the nursing team. The trippers will also carry ibuprofen (advil), acetaminophen (tylenol), and dimenhydrinate (gravol) that they can give out as needed and is also recorded. The trippers are made aware of any allergies or restrictions that are present for all campers on trip. The trippers will also always carry an epi-pen or epinephrine vial with them in the case of an anaphylactic reaction.

### **Wild Animals**

As trip takes place in the wilderness there are many wild animals around at all times. Usually these tend to be squirrels, foxes, and beavers, though there is always the chance that larger animals such as moose or bears could be in the area. All trippers have been

trained on how to avoid these animals and the signs that such animals may be in the area. In the case that a large wild animal is nearby, the tripper will guide the group in leaving the area as soon as possible without escalating the situation. To minimize risk of encountering wild animals, all wastewater is disposed of away from the site and all food is stored securely away from the tents. All campers are also trained on our protocol for what to do if they encounter a wild animal while on canoe trip.

## **Bugs**

In the wilderness, especially at certain times of year, bugs such as mosquitos and flies are a common occurrence. The tripper will pack bug spray for the group. If a camper is particularly sensitive to bugs, or is heading out for a longer expedition, they may consider bringing a mosquito face net or a mosquito jacket.

## **Trip Emergencies**

Before going on every trip our nursing team does a pre-trip check with every camper and our trippers. This check is to make sure that the trippers are aware of the condition of each camper as well as to assess any pre-existing injuries or health issues. The tripper is informed at this time about any medication a camper might have and how to administer them. On return from trip a similar post trip check is performed with the nursing team and trippers where any new injuries from trip are discussed, and the nursing team reviews any first aid that was performed during the trip.

While on trip, every tripper will have some means of communication with the camp on them at all times. In the Kawartha Highlands this is simply a cell phone as cell towers are close enough to provide service throughout the park. The phones are kept power off at all times except to let the camp know that the group has made it to a campsite successfully or in the case of an emergency.

In Algonquin, cell service is hard to come by and so our trippers use a combination of satellite phones and spot-x devices. The spot-x devices can be used to send text messages and are used to let the camp know when they arrive at the final campsite for the night. Satellite phones on the other hand are used when a phone call needs to be made such as in an emergency. If an emergency call is being made to the camp, the nursing team will work alongside the tripping director and summer camp director to help the tripper manage any emergency situation.

All trippers in the employ of Camp Kawartha have either their Wilderness Advanced First Aid (WAFA) or their Wilderness First Responder (WFR). These courses train the tripper in

how to respond to a variety of first aid situations when medical response may be hours away. Every campsite will always have at least 1 WAFA or WFR present so that there is always a qualified staff present in the case of an emergency.

If an emergency were to occur and an evacuation is needed the tripper will work with the camp and emergency services to coordinate an evacuation point. For each and every campsite that the group will be staying at the nearest evacuation point will have been identified before leaving on trip. Depending on the severity and emergence of the situation, evacuations may occur immediately or may be planned for the next day. Trippers always carry a map of the area, so if an emergency arises during the day they will use that to find the nearest access point for an evacuation.

### **Communications on Trip (Camper mail & Canoe Trip)**

Due to the nature of trip being in the wilderness several means of communication that campers would normally have access to are not available. An example of this would be camper mail. While letters and emails will still arrive at camp, the campers will not receive them while on trip. Once they return from trip, they will receive all mail that arrived during their absence. This also means that while on trip campers will not be able to respond to any letters sent. The only communication between camp and the trip other than in the case of emergencies happens when the tripper checks in with camp and informs camp that they have arrived successfully at the campsite.

### **Swimming on Trip**

While on trip, swimming can be a great activity both for cooling off, as well as for having fun with the group. That being said, swimming is not a guarantee on any trip and also must be done following several safety protocols. Any time that swimming is happening on trip there must be trained lifeguards present and actively guarding the group. All swimmers must wear lifejackets and their water shoes. The judgement of whether campers are allowed to swim while on canoe trip will be left up to the tripping staff.

Cliff jumping is not permitted on any of our canoe trips.

## **Day Camp Programs**

### **Day in the life of our Day Camp Programs**

Every day of our day camp programs is slightly different with many activities to experience and explore. A typical schedule for any of our day camp programs includes a nature hour where the campers learn about and interact with the environment, a craft

activity, various games and activities, and a free swim period. Our day campers have time for lunch as well as two snack breaks. There are also several activities that occur once for week including boating, archery, a trip to one of our wetlands, and rock climbing (depending on program/age group). Specific activities are weather-dependent and, as the week is packed full of fun, it is not always possible to 'make up' missed activities due to weather.

Schedules for our Kinder Camp, Day Camp, and Twilights Camp programs will be shared with families before their session at camp. Staff will also review weekly and daily schedules with campers so that they know what to expect!

### **Day Camp Packing List**

- Weather-appropriate clothing (may include sweater, rain coat etc)
- Life Jacket
- Sunscreen
- Hat
- Reusable water bottle
- Running shoes
- Swimsuit
- Water shoes
- Towel
- A **Nut-free** lunch, including no 'may contain' items.
- Snack for the morning and afternoon
- A white cotton shirt for tie-dye
- Long pants and socks (optional), for tick safety on the range

### **Theme Days**

Our day camp programs often have a theme day once a week! These themes change each week and can range from wetlands, to dinosaurs, to space; families will be notified of the theme for their camper's week ahead of time. For these theme days, campers are encouraged to come dressed up as something related to the theme – though it is not mandatory! Activities such as crafts and games will also be related to the theme!

### **Arrival & Departure (drop-off locations)**

Arrival for all day camp programs happens from 8:30-9:00am on the upper playing field (just beyond the parking lot) at our main site. Staff will be ready to greet you and are usually stationed under a tent. The campers will sign in and then will play games until

the rest of the campers arrive! Once all the campers arrive, they will head over to the area for their specific program. Children can be dropped off by car, boat (please notify us ahead of time if this will be the case) or simply walked over if you live close enough.

Pick-up for begins at 3:30 pm and ends at 4:00 pm. If you are going to be late picking up your child, please call our office at 705-652-3860 so we can reassure your camper and be ready for when you do arrive! Pick-up will happen at the same location on the field as morning drop-off.

### **Day Camp Swim**

Every day there is a swim period for each of our day camp programs, where the campers have the opportunity to swim, build sandcastles, and play water games together at our waterfront (weather-permitting!). There will always be at least 2 trained lifeguards present during any waterfront activities.

At the waterfront every camper should have a bathing suit, towel, water shoes, water bottle, and hat. Though we do have a sand beach for campers to play on, water shoes are recommended because the shallow area of the lake does contain some rocks and occasionally zebra mussels.

All Kinder Campers will be required to wear a lifejacket at all times while swimming or at the waterfront. On the first day of each session, any Day or Twilights Camper who wishes to swim without a lifejacket may take a swim check, in which our Waterfront Director will evaluate their swimming abilities. This check involves swimming the length of our dock (roughly 20m). At the Waterfront Director's discretion, Day Campers who complete the swim check may be permitted to swim in the shallow end without a lifejacket. This decision will be based on competent completion of distance as well as other elements such as endurance and breathing.

Swim time happens in the shallow end of our waterfront for Kinder Camp, and most days for Day and Twilights Camp, but once every week our Day and Twilights Campers will be scheduled for a deep end swim! This gives them the chance to use our barge and go down our slide. While swimming in the deep end, every day camper will wear a lifejacket.

### **Sunscreen, Water, Hats etc...**

Sun safety is something that we pride ourselves on at Camp Kawartha and we always make sure that it is our priority. Before every outdoor activity our counselors make sure

that every camper has put on their sunscreen and has both their hat and water bottle. If a camper does not have sunscreen, we will make sure that it is provided to them, though we do ask that you bring your own sunscreen. Every camper should arrive with their own water bottle. If they run out of water their bottles can be filled at one of our many water stations across camp (including one in the Day Camp clubhouse). **Please be sure to put apply sunscreen prior to camper's arrival.**

### **Day Camp Meals**

Meals in our day camp programs are not provided by the camp and should be brought from home. During the day there are two scheduled snack times (one in the morning and one in the afternoon) and lunch time. Lunch lasts for an hour and provides the campers with time to rest and recuperate before getting back into the activities. Depending on the weather, meals are eaten outside at picnic tables or inside the platform tent.

### **Toileting**

At Camp Kawartha we have three main washroom facilities – the KYBOS, the Colossals, and the Dining Hall bathrooms. The Colossals and KYBOS are gendered, but as outlined in our inclusion policy all campers are welcome to use the bathroom they feel more comfortable. The Dining Hall bathrooms are single-stall all-gender bathrooms. Please see the section on “Facilities” for more details!

**Please Note:** Our staff are not trained to provide toileting support to our campers (help wiping etc...). Please reach out ahead of your camper's session if you think this may be an issue for your camper.



## Frequently Asked Questions

### 1. Do any of your programs qualify for Duke of Edinburgh awards?

No, technically none of our programs qualify for Duke of Edinburgh awards.

### 2. My children are both going to camp at the same time. How much will they see their sibling? Will they be in the same cabin?

Having a sibling at camp is a great way to help ease the transition from home to camp! Depending on the age difference between siblings, campers may or may not be in the same cabin as their sibling. Generally, age differences of under two years might result with siblings in the same cabin. In this case, we will do our best to split siblings up or pair them together at the family's request. For siblings in different cabins, they will have separate classes, eat separately at mealtimes, and spend rest hour separately, but may sign up for the same interest choices, spend GBRS together, and hang out during after dinner free time. There will be lots of chances for campers to connect with siblings or friends in other cabins!

### 3. Do you offer bussing or transport to the camp?

No, unfortunately we cannot offer bussing services or transportation for campers to or from camp. This includes international camper pickup from the airport.

### 4. My camper lost an item at camp. How can we get it back?

Due to the busy nature of camp, we cannot guarantee that everything that comes to camp will make its way home. It's easy for campers to accidentally leave things like goggles or water shoes at our waterfront, or to accidentally misplace hats, sunglasses etc. while at camp. We recommend that families do not send any valuables to ensure that nothing that gets lost will be sorely missed.

At the end of each session, we go through our lost and found and show the items to all the campers at camp. If something has been found that is theirs, they will have the chance to claim it. We also will have a lost and found table for families to look over on departure day. If your item has not been found, please reach out and we will do what we can to find it for you.

**5. Our plans have changed and someone else will be picking up my camper from camp. Is this allowed? Who do we need to contact about this?**

Please reach out about this as soon as possible. This is only allowed with explicit written parental permission and a valid I.D. of the person who is picking up the child.

**6. Some part of my campers medical or personal information has changed since I filled out the camper forms. What should I do about this?**

Please contact our registrar, Sarah, to be instructed on how to edit and reupload your forms. If the change affects your camper's medical health, or will require an accommodation, please contact our health team.

**7. Can parents come visit their campers during their stay?**

No, we do not offer visitors days at Camp Kawartha. Parents are invited to write their child a letter while they are at camp.

**8. What happens if my camper wets the bed/is scared of the dark/has a nightmare?**

Our counsellors are trained on how to support campers with nighttime concerns. We can make arrangements with campers who commonly wet the bed to discreetly put on nighttime briefs before bedtime in the bathroom or in our health centre, and discreetly dispose of them in the morning. If a counsellor becomes aware that a camper has had an accident in the middle of the night, the staff member will be able to wash the camper's sleeping bag in our laundry facilities, and get them a fresh sleeping bag/bedding to borrow until theirs are clean! The camper may also have a shower if needed. We do our best to handle wetting the bed discreetly so that it doesn't end up known by the whole cabin.

Many of our campers are scared of the dark or have nightmares; we have nightlights available for cabins that need them. Our staff will be nearby to provide campers with support should they have a nightmare or have difficulty sleeping.

**9. What is the cabin cup? What is the golden broom?**

"Cabin Cup" is our award that is given out at the end of each session that each cabin competes to win! During the session, campers work to earn "Cabin Points" by doing things such as remembering to bring their water bottles to meals, being sun safe, winning an EP, or using the KYBOS. At the end of the session, the cabin with the most 'Points' wins the cabin cup – a trophy FILLED with TUCK!!

To aid in the efforts to keep our cabins clean, cabin groups compete to win the 'Golden Broom' each session. Each day after rest hour, our nursing team evaluate each cabin for cleanliness and give it a score out of 10. At the end of the session, the cabin with the highest score in Cabin Cleanup will win the Golden Broom! A major part of Camp Kawartha history, a Golden Broom winner is a Golden Broom Winner for LIFE!

**10. Will my leadership camper/PLC have the chance to do laundry while at camp?**

Yes. Each camper group that stays for more than 2 weeks will have the chance to go into town for 'Town Day' (Peterborough or Lakefield) and do laundry. Our staff will be there to help campers who have never done laundry before and don't know how!

**11. My camper is scared of fish/the lake. Will they still enjoy camp?**

Yes, they will still enjoy camp! Our staff will gently encourage them to face their fears when they are ready, but no camper will be forced to swim or to go into the lake. Luckily, fish in our lake know that lots of splashing and activity happens at C.K. and generally stay away when the waterfront is busy. Campers will also have the whole session to warm up to the idea of being in the lake... and the water trampoline, barge, and waterslide are some nice incentives to get campers to explore their growth zone by jumping into clear lake!

**12. My child has ASD/ADHD/Mental Health needs. Can they come to camp?**

We have campers each summer who have diagnoses of ADHD, ASD, or a variety of mental health needs. We request that families of these campers please contact us ahead of time (ideally before registration) to discuss the camp environment, and see if our camp environment will be a good fit for their camper. Due to our staffing limitations, we cannot provide 1 on 1 support for any camper while they are at camp. We are, however, able to provide accommodations on an individual basis to help each camper have a good camp experience.

**13. What happens if I forget something that my camper meant to bring to camp?**

We know it can be tough to remember everything – going over your packing list one final time before leaving can help. The camp has extras of the essentials for campers (toothbrushes, pillows, sleeping bags etc...), but if you accidentally left a special item behind, touch base with us and we can help arrange for you to drop it off or for an alternative arrangement to be made.

**14. Can my camper bring their favourite stuffed animal with them to camp?**

Campers are allowed to bring their favourite stuffies with them to camp... but we don't recommend doing so if the camper would be devastated if it were to get lost/dirty. Cherished stuffed animal pals are, however, more than welcome to send letters to their camper friends through our camper mail ;)

# Camp Kawartha's Camper Code of Conduct

It is our commitment to provide a rich and wonderful camping experience for all campers. To assist us in offering the best camp experience we possibly can, please review our camper code of conduct (see below). We want to create a safe and nurturing environment for everyone!

Generally, these rules fall under what we refer to as the three "R's"

- **Respect yourself.** Campers are expected, in accordance with their age, to take appropriate care of themselves (personal hygiene, getting sufficient sleep, dressing appropriately for the weather and activity, drinking enough water throughout the day, wearing sunscreen)
- **Respect the environment.** Camp Kawartha has over 186 acres of beautiful habitat. We want campers to be caretakers of this area for future generations. Ways this can be accomplished is not damaging trees or vegetation, not injuring wildlife, using water wisely, and not littering.
- **Respect others.** We expect campers to treat one another, their counsellors, nurses, kitchen and support staff with courtesy and respect.

If any camper behaves in a way which compromises our ability to foster a sense of respect and preserve the dignity of every person at camp (campers and staff alike), then it must be understood they will be dealt with as described below. There is a more rigorous set of policies and procedures dealing with staff conduct that parents are able to review upon request.

**Any camper that breaks any of the following in-house rules will be sent home immediately.**

There will be NO refund or credit on camp fees.

- Smoking, vaping, alcohol, and illicit drugs are strictly prohibited at our camp. Campers may not have any cigarettes, e- cigarette, Juuls or other vaping devices, drugs or alcoholic beverages in their possession.
- Weapons or any implement that our staff deem dangerous or potentially dangerous are strictly prohibited.

**Any camper that breaks any of the following in-house rules MAY be sent home based on the seriousness of the offense. After discussion with the camper and parents/guardians, the final decision will be made by the Summer Camp Director.**

If a camper is sent home, there will be NO refund or credit on camp fees. Policies outlined below apply to conduct directed towards any community member (camper peers, staff, or volunteers).

- Inappropriate behaviour such as bullying, teasing, harassment, swearing, acts of aggression, pranks, violating personal space, practical jokes or disrespect for other people or the environment are not tolerated at Camp Kawartha. What may seem harmless to one individual may have lasting emotional or physical consequences for others.
- Any act of discrimination or harassment on the basis of:
  - Age, physique
  - Ancestry, colour, race
  - Citizenship
  - Ethnic origin
  - Place of origin
  - Creed (Religion)

- Disability
- Family status
- Gender, gender identity, gender expression
- Sexual orientation

Will not be tolerated.

- Any act of sexual harassment will not be tolerated.
- Camper sexual intimacy and romantic relationships are discouraged and against Camp Kawartha policies. We view camp attendance as a chance to form close friendships, not romantic relationships. If our counsellors are aware that a romantic or intimate relationship is developing between campers it is a chance to talk about feelings, boundaries, consent, and appropriate conduct.
- Ownership and use of cell phones by campers at camp is prohibited.
- Stealing or borrowing other people's possessions without their consent will not be tolerated.
- Vandalizing or damage to camp property and equipment is a serious offense and will not be tolerated. This includes any damage to cabins, bunks, window screens, doors, washrooms, classrooms, dining hall, any other buildings, signs, program equipment and including the natural environment. Families will be held responsible for the cost of repair or replacement, including labour costs.
- Defacing camp property in any way is also considered a serious offense. Any graffiti including writing, drawing, carving or painting names/pictures etc. on bunk beds, furniture, walls, cabins, or any other buildings are all examples of this and will not be tolerated. Families will be held responsible for the cost of repair or replacement, including labour costs.
- Tampering with any safety devices including smoke alarms and fire extinguishers is a serious offence and will not be tolerated.
- Campers must remain inside our designated boundary (this will be explained to campers during their tour of our facilities).
- Campers may not visit each other's cabins during the day or evening (this is to ensure security and that campers will be supervised at all times).
- Campers must stay in their cabins after "lights out" at night, except if a washroom trip is necessary. If so, campers must alert their counsellor and younger campers may visit the washroom with a buddy.



Summer 2025

# 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 good night'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.

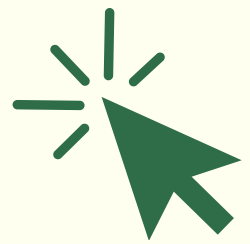
Getting packed the night before will help ensure the morning of camp arrival goes smoothly & that nothing gets forgotten. Make sure to double check that packing list!

3.

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

All our 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 24 – 27).

## 1 Week

**Session A** (June 29 – July 5).

**Session B1** (July 6 – 12).

**Session B2** (July 13 – 18).

**Session C** (July 20 – 25).

**Session D1** (July 27 – August 2).

**Session D2** (August 3 – 8).

**Session E** (August 10 – 16).

**Session F** (August 17 – 22).

## 1 Week – Canoe Trip

**Intro to Trip 1** (July 20 – 25).

**Intro to Trip 2** (August 10 – 16).

## 2 Week

**Session B** (July 6 – 18).

**Session D** (July 27 – August 8).

**PLC – 3 Weeks**  
**(July & August)**

**Leadership**  
**(CSD, LIT & WLIT)**



# 3-Night Sessions

## Session N

Sunday , August 24th – Wednesday, August 27th

Age Group	Arrival Time Sunday	Departure Time Wednesday
6 & 7 year olds	12:30pm	11:00am
8 year olds	1:30pm	11:30am
9 & 10 year olds	2:30pm	12:00pm
11+ year olds	3:30pm	12:30pm

# 1 Week Sessions

## Session A

Sunday, June 29<sup>th</sup> – Saturday, July 5<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
8 – 10 year olds	12:30pm	11:00am
11 & 12 year olds	1:30pm	11:30am
13+ year olds	2:30pm	12:00pm

## Session B1

Sunday, July 6<sup>th</sup> – Saturday, July 12<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
8 & 9 year olds	12:30pm	11:00am
10 & 11 year olds	1:30pm	11:30am
12+ year olds	2:30pm	12:00pm

# Session B2

Sunday, July 13<sup>th</sup> – Friday, July 18<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
7 – 10 year olds	1:30pm	11:00am
11+ year olds	2:30pm	11:30am

# Session C

Sunday, July 20<sup>th</sup> – Friday, July 25<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
8 & 9 year olds	12:30pm	1:30pm
10 year olds	1:30pm	2:00pm
11 year olds	2:30pm	2:30pm
12+ year olds	3:30pm	3:00pm

# Session D1

Sunday, July 27<sup>th</sup> – Saturday, August 2<sup>nd</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
9 – 11 year olds	12:30pm	1:30pm
12 year olds	1:30pm	2:00pm
13+ year olds	2:30pm	2:30pm

# Session D2

Sunday, August 3<sup>rd</sup> – Friday, August 8<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
8– 10 year olds	1:30pm	1:30pm
11 + year olds	2:30pm	2:00pm

# Session E

Sunday, August 10<sup>th</sup> – Saturday, August 16<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
7 – 9 year olds	12:30pm	11:00am
10 year olds	1:30pm	11:30am
11+ year olds	2:30pm	12:00pm

# Session F

Sunday, August 17<sup>th</sup> – Friday, August 22<sup>nd</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
7 & 8 year olds	12:30pm	11:00am
9 & 10 year olds	1:30pm	11:30am
11 year olds	2:30pm	12:00pm
12+ year olds	3:30pm	12:30pm

# 1 Week Sessions – Canoe Trip

## Introduction to Canoe Trip 1

Sunday, July 20<sup>th</sup> – Friday, July 25<sup>th</sup>

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

## Introduction to Canoe Trip 2

Sunday, August 10<sup>th</sup> – Saturday, August 16<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
All ages	3:30pm	12:30pm

# 2 Week Sessions

## Session B

Sunday, July 6<sup>th</sup> – Friday, July 18<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
8 & 9 year olds	12:30pm	11:00am
10 & 11 year olds	1:30pm	11:30am
12+ year olds	2:30pm	12:00pm

# Session D

Sunday, July 27<sup>th</sup> – Friday, August 8<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
9 – 11 year olds	12:30pm	1:30pm
12 year olds	1:30pm	2:00pm
13+ year olds	2:30pm	2:30pm

## 3 Week Sessions (PLC)

### PLC 1 (July)

Sunday, June 29<sup>th</sup> – Friday, July 18<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
All ages	3:30pm	12:30pm

### PLC 2 (August)

Sunday, July 27<sup>th</sup> – Saturday, August 16<sup>th</sup>

Age Group	Arrival Time Sunday	Departure Time Saturday
All ages	3:00pm	12:30pm

# 4 Week Sessions (CSD, LIT, WLIT)

## July LIT

Friday, June 27<sup>th</sup> – Wednesday, July 23<sup>rd</sup>

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

## July CSD

Friday, June 27<sup>th</sup> – Wednesday, July 23<sup>rd</sup>

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

## August CSD

Sunday, July 27<sup>th</sup> – Friday, August 22<sup>nd</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
All ages	4:00pm	1:00pm

## August LIT

Sunday, July 27<sup>th</sup> – Friday, August 22<sup>nd</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
All ages	3:30pm	1:00pm

## August WLIT

Sunday, July 27<sup>th</sup> – Friday, August 22<sup>nd</sup>

Age Group	Arrival Time Sunday	Departure Time Friday
All ages	3:30pm	1:00pm



## 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 included at the end of this document.**

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 or Juuls
- 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 camper 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 bedbugs 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' 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 Sacs 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 & Therma Rests

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'.

Therma rests 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 for Introduction to Canoe Trip, PLC, CSD, LIT, and WLIT campers only!**

## **'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**

