

Camper Checklist

- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Swim suit
- ☐ Towel
- ☐ Hat
- ☐ Water shoes
- ☐ Goggles
- ☐ Extra change of clothes
- ☐ Sunglasses
- ☐ Lunch and snacks *nut-free!*
- ☐ Reusable water bottle
- ☐ **If rainy weather:** rain boots and rain jacket

Our Philosophy:

Eco-Adventure is a not-for-profit camp that is dedicated to providing kids with the opportunity to escape the city and explore the wonders of nature. We promise to always keep our campers in a safe and positive environment and strive to create a memorable and educational experience for all our visitors.

Eco-Adventure Camp 2013



Camp Handbook 2013



@QUBSEcoCamp



fb.com/qubsecoadventurecamp

Director:
Associate Director:

Kait Pasic
Kristina Silver

Attention

Drop-Off and Pick-Up Location

Arch St. just south of Union St.
Queen's University



Arch Street is one way, so please enter from Union Street

Sick Days:

In the event that a camper is ill, or an unforeseen mishap occurs, please contact the director as soon as possible at:

613-533-6000 X 77058

Regrettably, we are unable to refund money for missed days



Drop-Off

- Campers can be dropped off starting at **8:45am**
- Extended programming is available at extra cost from **8:00am**
- We ask that you please be punctual, as **we cannot hold the bus** for late campers and leave promptly at 9:00am

Pick-Up

- Pick up takes place at **5:00 pm**
- Only those listed on the camper registration form will be able to pick up a camper- **NO EXCEPTIONS**
- We require **government-issued ID** as well as a signature at pick-up

Alternate Drop-Off/Pick-Up Locations

Alternate drop-off and pick-up locations are as follows. **Please INFORM CAMP PRIOR TO THE START OF YOUR SESSION!**

1. Intersection of North Shore Road and North Shore Crescent
2. Intersection of Greenfield Road and Perth Road
3. At Glenburnie Grocers (intersection of Unity Road and Perth Road)

Ticks and Poison Ivy are both found at Elbow Lake, please review the following:

Poison Ivy

Symptoms:

- An intensely itchy rash
- Red bumps that are often in a straight line or streak from where the poison ivy plant had contact with skin
- Vesicles and blisters that are filled with fluid

Treatment:

- Apply rubbing alcohol to infected area
- Rinse with water
- Follow with a wash of soap and warm water
- Apply calamine lotion to prevent scratching
- Note: the rash peaks after 5 days and begins to fade between 7-10 days

Ticks

- Small biting arachnids that feed on bloods. 1-5mm in length.
- Live in grassy areas
- 1 in 5 ticks in KFL&A area test positive for bacteria that carries Lyme disease.
- Remove tick within 24 hours of attachment to avoid possible transmission of Lyme disease.

Treatment:

- **Check EACH DAY for ticks**
- Grasp tick as close to skin as possible and pull out with tweezers.
- Clean area with soap and water.

KFL&A Public Health Overview:
<http://www.kflapublichealth.ca/Content.aspx?Id=37>