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Packing List

Electronics (including cell phones, tablets, gaming devices, and smart watches) are not allowed at camp or on the bus. If found, they will be kept in the office and returned at the end of the day.

If your camper has health concerns that may affect their safety at camp, please read the section “Special Health Information” carefully.

<i>Item</i>	<i>Notes</i>
<i>Lunch and two snacks</i>	No peanuts or tree nuts.
<i>Water bottle</i>	Non-breakable, reusable plastic bottles at least half a litre (two cups) in size are recommended
<i>Sunscreen</i>	Water-resistant products with an SPF of at least 30 are recommended
<i>Wide-brimmed hat</i>	Baseball caps don't protect the neck or ears and aren't recommended.
	Pants, long-sleeved shirts, and sunglasses are optional but recommended (for protection against sun and bug bites).
<i>Shoes</i>	Sneakers and socks are recommended, sturdy sandals with straps are acceptable.
<i>Weather-appropriate clothing</i>	Rain gear, sweater, et cetera (as needed).
<i>Swimsuit and towel</i>	We provide lifejackets!
<i>Emergency medications</i>	If applicable (e.g. EpiPen, rescue inhaler).
	If possible, bring two – one will be kept on the camper's person and one with staff.

The biodiversity at Elbow Lake includes the black-legged deer tick. We recommend long pants tucked into socks to protect against bites. You may also want to pack a bug repellent effective against ticks.

We recommend aerosol products if your child needs help putting on sunscreen, as we cannot apply lotions for them.

Glass water bottles and repurposed beverage containers like juice bottles are fragile and not recommended. In keeping with Queen's University environmental policies on waste reduction, we strongly discourage pre-bottled water.



Transportation

Bussing is included in your camp fee!

Drop-off and pickup: Morning drop-off and afternoon pickup are outside the main entrance of Humphrey Hall (62 Arch Street) at 8:45 – 9:00 AM and 4:30 – 5:00 PM (typically closer to 4:30 PM). The bus leaves campus at 9:00 AM and departs from Elbow Lake at 4:00 PM.

Before-care: Before-care is facilitated by ScienceQuest at Beamish-Munro Hall (45 Union Street West) and costs \$16.00 per child per week. Visit the Add-Ons section of CampDoc to sign up and pay.

Bussing: Several other stops are available along our bus route:

- Glenburnie General Store in Glenburnie
- Perth Road at Latimer Drive in Inverary
- North Shore Road at North Shore Drive in Perth Road Village
- North Shore Road at Hewlett-Packard Lane in Perth Road Village

Visit the Add-Ons section of CampDoc to select one of these if you need to! Otherwise, we'll see you on campus.



Family Night

Family Night is open to everyone, including the public! No need to attend camp that week.

Come to Family Night on any Thursdays to experience Elbow Lake for yourself and participate in free educational activities in the evening!

Cabins are available to rent overnight for \$65.00 – visit the Add-Ons tab of your CampDoc account to make a reservation. There are only 10 cabins available, so book early!

Participants will be sent an information packet on Tuesday with a guide to Elbow Lake (more information about the cabins and the facility can also be found at ElbowLakeCentre.ca).

Family Night check-in is between 3:30 – 4:00 PM on Thursday and check-out is at 9:30 AM on Friday.



Special Health Information

If your camper has special health information that may affect their safety at camp, please download the Health Details form when signing up on CampDoc or contact us for a copy. Deliver the completed form to us by mail or in person at least one week before your session.

Forms may be mailed to:

Eco-Adventure Camp
Biosciences Complex
116 Barrie St
Kingston ON K7L 3N6

Or delivered in person to the Biology Department Main Office (Room 3111 on the third floor of the Biosciences Complex) between 8:00 AM – 4:00 PM Monday – Friday. Building maps are posted inside the main entrances on Arch St and Barrie St.

Camp Rules



Listen to your counsellors
and follow camp rules!

1. Listen to counsellors
2. Wear sunscreen and drink water
3. Always wear shoes outside (but never inside!)
4. Wash your hands (after the bathroom and before touching frogs)
5. Stay within camp bounds
6. No littering
7. Tell a counsellor if you get hurt
8. If you get lost, hug a tree and be noisy
9. Listen to lifeguards and follow waterfront rules
10. Only drink from the cooler
11. Hands to yourself (no hitting)
12. HAVE FUN!