

ECO-ADVENTURE CAMP HANDBOOK

2020



TABLE OF CONTENTS

<i>Packing List</i>	2
<i>Transportation</i>	3
<i>Camp T-shirts</i>	3
<i>Family Night</i>	4
<i>Emergency Contact Information</i>	4
<i>Camper Rules</i>	5



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.

ITEM	NOTES
LUNCH AND TWO SNACKS	<i>No peanuts or tree nuts</i>
WATER BOTTLE	<i>Non-breakable, reusable, plastic water bottle with at least 500mL capacity is recommended</i>
SUNSCREEN	<i>Waterproof products with SPF 30 or higher are recommended</i>
INSECT REPELLENT	<i>Effective against ticks if possible</i>
WIDE BRIMMED HAT	<i>Baseball caps do not protect the ears and neck and are not recommended</i>
PANTS, LONG SLEEVE SHIRT, LONG SOCKS	<i>When hiking it is recommended to wear long clothing to protect from environmental factors such as plants, ticks, and the sun</i>
CLOSED-TOED SHOES	<i>Sneakers and socks are recommended. Sturdy sandals with straps are optional.</i>
WEATHER APPROPRIATE CLOTHING	<i>Rain gear, sweaters... as needed</i>
SWIMSUIT AND TOWEL	<i>We provide PFDs</i>
EMERGENCY MEDICATIONS	<i>If applicable (ie Epipens, rescue inhaler...) If possible, please pack 2 – one to be kept on the camper’s person and one with a staff member</i>

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

OPTIONAL:

- Sunglasses
- Water goggles and water shoes
- Change of clothes

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 \$20.00 per child per week. Visit the Add-Ons section when you register for camp to sign up

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

- Glenburnie General Store in Glenburnie (drop-off: 9:17AM approx.), pickup: 4:32PM approx.)
- Perth Road at Latimer Drive in Inverary (drop-off: 9:23AM approx.), pickup: 4:15PM approx.)
- North Shore Road at North Shore Drive in Perth Road Village (drop-off: 9:26AM approx.), pickup: 4:09PM approx.)
- North Shore Road at Hewlett-Packard Lane in Perth Road Village (drop-off: 9:33AM approx.), pickup: 4:06PM approx.)

CAMP T-SHIRTS

Each camper gets an Eco-Adventure Camp shirt on the first day of camp. Campers are asked to wear their t-shirts on the Friday of their camp session, as we take a group photo. When registering, please specify the appropriate size for your camper. All measurements are in inches.

Youth Sizes	XS	S	M	L
Body Width	16	17	18	19
Body Length	20.5	22	23.5	25
Sleeve Length	13.5	14.5	15.5	16.5
Adult Sizes	S	M	L	
Body Width	18	20	22	
Body Length	28	29	30	
Sleeve Length	15.5	17	18.5	

FAMILY NIGHT

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

Cabins are available to rent overnight for \$65+HST – visit the Add-Ons section when you register for camp to make a reservation.

A week before you attend, participants will be sent an information packet with a packing list and a user's guide to Elbow Lake (more information about the cabins and the facility can also be found at ElbowLakeCentre.ca).

Cabins can be rented for any week of the summer, it does not need to be the week your camper is attending camp.



Family Night Check-In and Check-Out

Check-in: Between 3:30 – 4:00 PM at Elbow Lake on the Thursday evening*

- Let us know in advance if you would prefer to pick up your child at their normal location on Thursday afternoon

Check-out: 9:30 – 9:45 AM at Elbow Lake on the Friday morning*

- Before-care services are not available at Elbow Lake
- Check-out is when the bus arrives (between 9:30 – 9:45 AM, typically closer to 9:30 AM)
- Let us know in advance if you would prefer to drop your child off at their normal location on Friday morning

EMERGENCY CONTACT INFORMATION

If you need to get a hold of camp staff while your child is at camp, please call:

Ruth Bryce, Camp Director- 613-533-6000 x77058

Elbow Lake Environmental Education Centre- 613-353-7968

If your camper has special health information that may affect their safety at camp, please include it in the online Eco-Adventure Camp Health Form. This must be completed to finalize registration. The link is found in your Eventbrite registration confirmation email.

CAMPER 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 lunch and when touching frogs)
5. Stay within the marked camp boundaries
6. No littering, all garbage goes home with you
7. Tell a counsellor if you get hurt
8. Never go anywhere alone; always be with a buddy and a counsellor should always know where you are
9. If you get lost, hug a tree and be noisy
10. Stay away from the waterfront, except when with a counsellor
11. Listen to lifeguards and follow waterfront rules
12. Only drink from the indicated water cooler
13. Hands to yourself (no hitting)
14. No bullying and tell a counsellor if you see bullying
15. HAVE FUN!