

Camp Big Canoe

Tips for Campers and Parents (2010)

You can Contact Us
Summer 705 645 4963
Fall/Winter/Spring 416 722 3625
e-mail: registrar@campbigcanoe.ca

Please use this for future reference.

THE PURPOSE:

- To help campers get the most out of their camping experience
- We have tried to anticipate many of the questions most frequently asked by campers and parents
- Hopefully, this will help campers prepare for camp so that many things are not left until the last minute resulting in harassed parents and campers
- *Parents, please take time to discuss this with your camper*
- *We have tried to cover everything a camper might wonder about and we suggest that you put this where you will be able to find it closer to camp time and use it as a reference when packing for camp.*
- We need some important information from you before camp opens
- Please read all sections carefully and help the camp operation run smoothly by responding promptly

WHAT TO BRING TO CAMP

• a suggestion – please use soft luggage or back packs. Do not tie paddles and PFDs to luggage. All items **must** be clearly marked with the camper's name.

Clothing

shorts – include 1 pair nylon swim type
jeans/track pants
long-sleeved shirts – at least 1 hooded sweatshirt
T-shirts
underwear
socks – 3 pair wool or cotton work type
hat
bandanna
polyester fleece jacket or warm wool sweater
pajamas
swim suits (2) & cover up
rainsuit

Optional

zany hats/ clothes
long underwear
nylon wind jacket
nylon wind pants

Footwear

rubber boots/duckies
“wet” shoes – inexpensive running shoes or aquasocks for canoeing, swimming
“dry” shoes – running shoes with laces or Velcro
for campsite
sandals (see “Comments...” (e) on next page

Personal Items

pillow with pillowcase
extra blanket
sleeping bag 3 lb. maximum
towels (2)
washcloth
insect repellent, non-aerosol
sunblock , SPF 15 – 30 or more
lipblock as needed
toothbrush/paste
hairbrush/comb
sanitary products (as needed)
environmentally friendly soap/shampoo
writing materials/stamps
flashlight/extra batteries
sunglasses
drinking water bottle (1 litre)
drawstring bag for toiletries

Optional

light hiking boots for 10 years & older

Optional

small chamois type camp towel
books
T-shirt for tie-dying
camera - inexpensive
musical instrument
favourite toy (1)
PFD or lifejacket government approved
dry bag (30 litres)
small day pack
bug hat
bug jacket

PLEASE NOTE:

Laundry facilities are not available for camper use: be sure you pack enough clothing for his/her camp session.

Hats – Hats are normally worn in camp

- should protect the back of the neck, the tops of the ears and the forehead
- are worn by all participants on an out trip and on hikes
- baseball caps do not provide adequate protection from the sun.

Skin Protection – for those with sun-sensitive skin

- we recommend long-sleeved T-shirts of thin, polyester fabric to be worn while swimming
- we recommend a protective hat.

Pants and Jeans

- at least 1 pair of pants sent to camp should be quick drying – this is important on out trips.

Footwear – sturdy, flexible footwear can help avoid accidents and injuries at camp.

- sneaker-type shoes are advised since they protect the feet, dry quickly on out-trips, and have flexible soles.
- shoes with inflexible soles have been found to cause accidents at camp.
- we discourage sandals, crocs and flip flops.

- **sandals may only be worn on site (not on out trips).**

Rainwear

- we recommend a waterproof jacket and pants. These are less bulky on out trips and safer than coats and ponchos around the campfire.

Toiletries Drawstring Bag

- ideally it is important to have a sturdy net drawstring bag, big enough to hold toothbrush, toothpaste, shampoo, soap, etc. it will be hung on a hook in bathroom

Old clothes are best

- we recommend bringing old familiar clothing to camp
- camp life can be hard on clothing.

LABEL EVERYTHING! (Including sleeping bags)

- please use indelible pen or sew-on labels
- this makes a huge difference in the incidence of lost clothing and equipment
- We will contact you about any labeled lost items that are found
- It will be returned to you at your expense
- unlabelled items found will be sent to a suitable charitable agency

CAMP BIG CANOE CLOTHING

- Campers have an opportunity to order a variety of clothing suitable for camp
- T-shirts, sweatshirts, sweatpants, shorts and bucket hats are available.
- To order, print the clothing order form found on our website www.campbigcanoe.ca
- Payment for clothing is by Visa, MasterCard or Cheque,
- **Fax** (519 452 1329) or **mail, orders to Positive Identity**, 501 Nightingale Ave., London, ON N5W 4C4. Cheques should be made payable to POSITIVE IDENTITY
- Camp clothing is not available for purchase at the bus pick up/drop off point at Hillcrest Mall.
- POSITIVE IDENTITY (1 800 265 1991)

PERSONAL FLOTATION DEVICES and LIFE JACKETS

- each camper and staff member using a canoe must wear a PFD or life jacket
- camp has a supply of PFDs but if you wish to send a one of these devices with your camper, please ensure that it fits well, is government approved and is clearly identified with the camper's name

COSTUMES, GAMES, PUZZLES

The camp can make great use of discarded clothing such as shoes, hats, old coats and dresses. These are used for skit nights and other special programs. Quiet table games are welcome on rainy days and in the Health Centre.

THINGS TO LEAVE AT HOME

- **cell phones, iPods or equivalent**, watches, jewellery, valuable keepsakes, digital and expensive cameras, radios, recording devices, DVD's & DVD players, computers, any other electronic devices, hatchets, hunting knives, lighters, curling irons (especially butane) hair dryers or any substance in an aerosol spray can.

- Camp Big Canoe cannot be responsible for lost items and has no way of securing valuable property.

TUCK MONEY

- When campers arrive at camp, the counsellor will collect tuck money and place it in safe keeping in the Camp office. What ever money is not spent will be returned to the camper before leaving camp. \$5.00 is ample for treats and the spending is limited for each session. It would help greatly if you send change, i.e. two amounts of \$ 2.50. For Pee Wee campers, please send \$2.50 for tuck money.

FOOD PARCELS AND BIRTHDAYS

- Please do not send food packages. Campers have nutritionally balanced meals and an evening snack. Food taken into the tents may attract insects and animals. The use of chewing gum is discouraged. For campers celebrating a birthday at camp, a birthday cake is served for their unit at lunch or dinner on the anniversary of their birthday.

PARENTS' VACATION ADDRESS

- During camp sessions, if you change your address temporarily, we require your vacation address on file.

MAIL

- Mail is delivered to camp daily and campers are extremely happy to receive letters from home while they are at camp. Cheerful news from home can add to a camper's enjoyment. Please, however, avoid mentioning how much your child is missed or that the dog has not eaten since they left. Although this type of news is natural and well-intended, it often aggravates or triggers feelings of loneliness or homesickness, making the camp experience less enjoyable. Camper mail should be addressed:

[Camper's Name]
c/o Camp Big Canoe
1012 Sherwood Forest Road, RR # 5
Bracebridge ON P1L 1X3

CAMPER PHONE CALLS

- Campers are not permitted to use the camp phone unless there is no alternative method of conveying information. On those occasions, the call will probably be made by a Camp Big Canoe staff person. It is very difficult to arrange incoming calls to campers and we ask your cooperation in not phoning your camper unless it is absolutely necessary.

VISITS FROM PARENTS

- Parents are asked to contact the Camp several days before wanting to visit. The Camp telephone number is 1-705-645-4963
- Generally, visits are discouraged as this may trigger homesickness and may interrupt daily programming. If parents want to see the Camp, they are encouraged to do so when delivering or picking up their camper(s)

PREPARING YOUR CHILD FOR CAMP – If your child is leaving home for the first time, there are several things you can do to help him/her have an easy adjustment to camp life:

- Arrange with friends or relatives for your child to have the experience of going to bed away from home.
- Prepare your child for independent living by allowing choice of clothing each day and being responsible for his/her own personal hygiene.
- Problem solve with your child, i.e., “What if you don’t feel too well one day?”, “What if you lost your swim suit?”.
- Role-play with your child; i.e. go for a walk in the park with a flashlight.
- Practice letter writing. Not all children know how. Postcards are great for camp. Parents should send paper, envelopes and stamps.
- Explain the camp’s telephone policy.
- When talking or writing to your child assume they will enjoy it. Do not say, “I miss you”. Assure them that they will have a good time at camp and that the family at home will be fine while they are away.
- As a member of a small tent group, campers are expected to share housekeeping duties. Parents can impress campers with the values of these duties and the importance of taking a cheerful and willing attitude toward them.
- Campers soon make new friends and will get along just fine. We will make every attempt to put your camper with **one** specially designated friend, if it is requested **three weeks prior to his/her camping session**. If you have any doubts or concerns, talk to the camp director about them.
- **PLEASE NOTE: Tent units are made up by the Director or his designate. Campers will find out who their counsellors and tentmates are when they get to camp**

A TYPICAL CAMP DAY

7:00 Wake up, polar bear, voyager, morning watch, breakfast

9:30 to 12:30 – 3 morning activities

12:45 Lunch

1:30 Rest Hour

2:30 to 3:15 Individual Interest Activities

3:30 to 4:15 Streams levels program

4:30 to 5:15 Free Time (supervised in a program area)

5:45 Supper and camp clean up

7:00 Vespers – All camp activity/Staff Development

8:15 Snack/Unit Time

9:00 Lights Out

SWIMMING INFORMATION

- each camper’s swimming ability is evaluated on the first full day of each camp session
- evaluations, help determine to what extent campers may participate in programs on the waterfront
- during the remainder of the camp session, campers have the opportunity to improve their swimming qualifications
- campers may want to practice swimming before arriving at camp in order to be well prepared for the first day swimming evaluations

PERSONAL FITNESS

- In addition to preparing for the swimming evaluations on the first day, it is a good idea to work on physical preparation for the active life at camp. The vigorous outdoor activities are usually a departure from a camper’s normal routine at home. It is advisable to “get into shape” for camp.

FINALLY

- Thank you for choosing Camp Big Canoe for your camper. We appreciate your trust and support. The summer program is planned to encourage campers' physical, emotional and spiritual growth and we will do our utmost to provide a worthwhile camping experience along with lots of fun.

LAST MINUTE CHECK-OFF –BY MAY 15

- a. Balance of fees owing*
- b. Completed Camp Health form*
- c. Photocopy of Provincial Health Care (front and back)*
- d. Completed camp clothing order(optional)*
- e. Campers, bring any new swimming awards received during the winter.*

REGISTRATION:

Camp Big Canoe Phone: **(416) 722 - 3625**

P.O. Box 518

Port Perry ON L9L 1A5