

Tips for Scouts and Parents

*Important Information
From
SLS Algonquin Canoe Camp*

2013

Please keep this for future reference.

THE PURPOSE OF THIS BOOKLET

This booklet has been prepared to help Scouts get the most out of their Algonquin Experience. We have tried to anticipate many of the questions most frequently asked by scouts and their parents. Hopefully, this will help you prepare for camp so that many things are not left until the last minute resulting in harassed parents and scouts.

Parents, please take time to sit down and read this booklet with your youth. Each year we are surprised to find youth attending camp less than prepared. We have tried to cover everything a Scout might wonder about and we suggest that you put this booklet where you can find it closer to camp and to reference when packing for camp!

We need some important information from you before camp! Please read all sections carefully and help the camp operation run smoothly by responding promptly!

Transportation

Transportation to and from the camp is by bus and is included in the camp fees. Departure and arrival will be announced at the Parents meeting in June. Scouts will be accompanied by Leaders and S.I.T.s, to ensure a safe and enjoyable trip.

Exceptions to Bus Travel

You may elect to transport your youth to and/or from camp yourself! If you do, then please arrange to have your youth up at the Camp for 11:30 on Sat Aug 17th and to pick up your youth at the Camp by 11:30 Sat Aug 24th. If the Scout *is not using the bus, please indicate, clearly, that on the form!* **Please let us know, in writing, who is allowed to pick up your youth!**

Luggage on the Bus

Please do not tie paddles and PFD's to luggage.
All items **must** be clearly marked with the Scout's name!

Parents Meeting

This will be scheduled for **Tuesday June 4th**. It is very important that you and your youth attend! This gives our Leaders a chance to actually see your youth which is important for their planning. It will also give you a chance to ask questions or to get some tips from those who have gone to camp before. We *strongly* advise that you plan to attend. At this time we will collect any outstanding Physical Fitness Forms, and give out the "***Bus Details***" which will include pick up times and locations! So please make every effort to attend! ***Also, it will be at this meeting that your Scout will be given his/her Dry Bag.***

To get to the Bradford Leisure Center, 471 West Park Ave., L3Z-0J3, come north out of Newmarket, on Yonge St. Come right through town on Holland St west. Just west of the Bradford district high school, you will see the Leisure Center and Library. It is across the street from Canadian Tire and Tim Horton's. The meeting room is on the second floor of the Leisure Center. The time is from 7:00 Pm to 9:00 Pm.

What to bring to Camp

Please wear your Scout Uniform up on the bus! You may leave your sash and scarf at home and you will be given a Camp Scarf as you board the bus!

Clothing

Socks – 3 pairs of wool or heavy socks

T-shirts – 3

Long sleeve shirt – 1

Polyester Fleece top or warm sweater

Long pants (not jeans, they take too long to dry!) – 2

Underwear

Windbreaker/jacket

Shorts (nylon swim type work great!)

Swim suit

Rain jacket and pants (ponchos don't work well on the water!)

Hat(s) – wide brim please, we don't want you getting burnt!

Shoes – comfortable shoes! (Running shoes or hiking boots with good laces!)

Water shoes – an old pair of running shoes or “aqua shoes” for wading/swimming with.

****sandals** – open toe shoes can give out on the trip and provide little protection for toes and ankles. If you bring these, make sure you get a pair that is well made and in good condition and that you have another set of shoes to wear with you.

****bandana** is a useful option!

Camping

Sleeping bag (with stuff sack)

Sleep pad (blue foam or thermarest type, not “Air mattress”!)

Mug/bowl/plate (plastic or metal)

Knife/fork/spoon

Water bottle (1 litre size)

Personal Floatation Device (**PFD**)

Paddle

Dry bag (we are providing at Parent meeting) to carry clothes and sleeping bag in

TENT** we will discuss this more at the parent meeting but it is a good idea to share with any others coming from your group.

Personal

Small towel/or pack towel

Tooth brush

Comb/hair brush

Small soap/shampoo

Comments on “what to bring to camp”

- There is no laundry service available!
- please make sure you send enough clothing with your youth for their own comfort
- **HATS** – because of the danger of ultra-violet light from the sun, hats should protect the back of the neck, the tops of the ears and the forehead. Hats are normally worn in camp and are always worn by all participants on the water. Baseball caps do not provide adequate protection from the sun. Neither do wide brim hats, unless the brims are left down!
- **Sunglasses**- We strongly encourage packing sunglasses for eye protection. Please attach a “retainer type strap” to them!
- **Skin Protection**- for those with sensitive skin, we recommend a long sleeve shirt of a light fabric. Each trip group will be equipped with sunscreen and all youth are advised to wear it. Or you can send a small labelled container of some, with your youth (SEE MEDICATIONS!)
- **JEANS** – we all want to wear them but they take a long time to dry! Please try and send your youth with at least one pair of light fabric track pants (nylon) or some other type of “quick dry” material.
- **Footwear** – sturdy, comfortable footwear prevents accidents and blisters! While our focus is on canoeing, we do spend a lot of time walking! Portages and hiking trails make up a good part of our camp! **Sandals may be worn but should be limited to campsite use only.**
- **Rainwear** – We strongly recommend a set of rain gear. We don't stop because of rain!
- **Old clothes work well!** – We suggest old familiar clothing! Camp is hard on clothes and on “new comers”, new items can be confusing and unsettling.
- **LABEL EVERYTHING! (including sleeping bag, mats , paddles and PFD's)**

Things to leave at home! – Expensive cameras or digital ones should be left at home. Walkman/I Pods/radios/ cell phones are not to be brought to camp! They are not to be brought on the bus; we don't have a place to store

them at camp! If you send money, it should be a small amount and in a marked envelope for “safekeeping” by camp staff.

Personal Flotation Devices

Federal law requires us to ensure there is a proper fitting life jacket/PFD in the canoe for each person. Scouts Canada requires us to ensure all members are wearing a proper fitting PFD while on the water. **No exceptions!** Please make sure your youth comes with a proper fitting PFD, that it is in good condition with all buckles and zippers intact and that it is Government approved. *NOTE** Federal Regulations do not allow “Inflatable PFD’s for youth members!*

Health Care

- **Health Forms** –The more information you give us about the health of your youth, the better experience we can offer them! Please ensure you complete the forms and give us as much information as possible! This information will be shared with the Camp Chief, the Cooks and Trip Leaders on a need to know basis. *For your youth’s own safety, please attach to the Physical Fitness Form a detailed note or any special medical, behavioural or diet needs required!* Please discuss these needs with your youth and instruct them about their medications, depending on their age and maturity.
- **Sending Medication to Camp** –*All medications must be sent in their original container with the name of the medication, dosage information and the Scouts name visible on the label.* Please include a small extra supply of medications in case of emergency.
- *If alternative or over the counter remedies have been prescribed, please send them in the original container with the name visible and include the purpose, action and effects of these substances.*
- All medications sent to camp must be turned in to the Leaders before they board the bus. These medications will be stored with the Leaders, along with other emergency supplies.
- **Provincial Health Cards**- local health care facilities do not accept photo copies of health cards! Please send their cards up with them on the bus! Place them in their shirt pockets and we will collect them as they board the bus! Youth who require medical treatment while away and do not have a Health card with them, will be taken to the local hospital and you will be contacted to arrange payment for service.
- **Food Parcels**- Please do not send food packages with your youth! We offer nutritional meals and snacks. Food taken into tents or left in packs

or clothing may attract insects and animals. The use of chewing gum is discouraged for the same reasons.

- **Parents' Contact Information-** for the camp's duration, we require a contact address/phone number in case we must contact you for any reason. If you can not be available, then you must leave us another contact person.
- **Preparing for Camp-** Hopefully, this will not be your Scout's first time away from home. This may be his/her longest time away... You can do several things to prepare your youth for this camp:
 - 1) allow your child choice of clothing each day and being responsible for personal grooming.
 - 2) Problem solve with your child, "what do I do if I don't feel well, during the day", "What if I lost my mug or fork or ?"
 - 3) Let them sleep away from home at a relative or friend's house.
 - 4) Let them get use to someone else's cooking
 - 5) New Scouts will make new friends quickly and get along fine. We will attempt to put your youth on a trip with one designated friend, if you let us know before June 1st. If you have any concerns, then please talk to the *Trip Leaders* at the *Parent Meeting* in June or contact the *Camp Chief*. Please note, **trips are made up by the Camp Chief and his Leaders, you will find these out at the Parent Meeting.**
 - 6) As a member of this Camp, Scouts are expected to assume their share of camp duties and chores! Parents can impress on their youth, the importance of taking these duties with a cheerful and willing attitude.
- **Water Safety-** The safety of the youth is foremost in our planning. Youth are not allowed to swim unsupervised and **MUST** wear a PFD, when in the canoe. We will also be evaluating their water skills when they first arrive.
- **Personal Fitness-** This camp is quite often more rigorous than the youth's normal routine. It is advisable to "get into shape" before camp!
- **FINALLY-** Thank you for sending your Scout to **SLS ALGONQUIN CANOE CAMP**. This program will challenge your youth physically, emotionally and spiritually. We will continue to do our best to offer a worthwhile camping experience along with lots of FUN!
- **Last Minute Details-**
 - 1) cut off date for discount price is **APRIL 15th**!
 - 2) Complete and return Physical Fitness Forms before June 1st
 - 3) Final Payment is due by **June 1st**.
 - 4) Cut off for Registration is June 30th .

5) Parent meeting is Tuesday June 4th, 7-9 PM at Bradford Leisure Centre at 415 West Park Ave, in Bradford. 2nd Floor Meeting Room (Located behind the Bradford Library off Holland St W opposite the Canadian Tire)

For additional information contact:

Mark Hayes (Camp Chief)

By phone: 905-775-4186

By Mail: 309 Orsi Ave, Bradford, Ontario, L3Z-1B8

By email: firedog_53@hotmail.com (subject: canoe camp)



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