

# Girl Guides

# 2020

## Winter Family Camp Handbook



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# Phase One: Preparing for Camp

## Camper Code of Conduct

By submitting a registration, you and your family have agreed to abide by Ontario Council Camps' [Camper Code of Conduct](#). Please take a moment to review the details along with your family prior to attending camp.

## Packing Guidelines

To ensure belongings are not accidentally misplaced, **please label all items**.



What to pack	Parent	Child	Addition information and recommendations
<b>Clothing</b>			
Long sleeve t shirts	2-3	2-3	Can be long-john top
Medium warm layer	1-2	1-2	Sweatshirt or flannel shirt
Warm sweater	1	1	Fleece or wool recommended
Pants	1-2	1-2	Lightweight sweatpants recommended, quick-dry or cotton
Long-johns/leggings	1-2	1-2	Great for extra warmth on cold days
Underwear	3+	3+	
Socks	4-5 pairs	4-5 pairs	Warm wool or fuzzy acrylic recommended
Pyjamas	1-2 pairs	1-2 pairs	One light pair in case it's warm, one warm pair if you are a cold sleeper
Indoor shoes/slippers	1	1	Rubber soled recommended, easy on and off
<b>Outerwear</b>			
Warm toque	2	2	One lighter and one heavier that cover the ears
Winter jacket and/or raincoat	1	1	Insulated, waterproof, with hood and/or rain hat recommended
Snow pants and/or rain pants	1	1	Insulated, waterproof recommended
Winter boots and/or rubber boots	1 pair	1 pair	Removable liners recommended so they can be dried overnight.
Closed-toed shoes	1 pair	1 pair	
Mittens/gloves	2+	2+	Insulated, waterproof recommended (mittens are warmer than gloves)
Scarf/neck tube	1-2	1-2	
<b>Equipment</b>			
Pillow in a pillowcase	1	1	
Sleeping bag	1	1	Packed in a waterproof stuff sack recommended. Campers can choose to bring twin blankets instead of a sleeping bag if they wish.
Sheet set (optional)	1	1	1 single sized fitted sheet, and 1 flat sheet.
<a href="#">Sit-upon / stadium seat</a> or camp chair (optional)	1	1	1 waterproof square to sit on at campfires. Camp chair recommended for adult campers.
Flashlight	1-2	1	Bring extra batters
Day pack	1	1	Small knapsack for daily use to carry water bottle, spare clothes, etc. to program sessions.
Water bottle	1	1	Reusable
<b>Personal Items</b>			
Toiletry Kit	1	1	Toothbrush, toothpaste, hand towel, face cloth, etc.
Feminine Hygiene supplies	as needed	as needed	
Sunscreen	1	1	SPF 15+ (aerosol <i>not</i> recommended)
Lip balm (optional)	1	1	Chapped lips are common at winter camp. SPF 15+ recommended.
<b>Additional Items</b>			
Camera	1	optional	Don't forget to bring a charger! Send in a Ziploc or waterproof case.
Fanny pack	1	1	For asthma inhalers or Epi Pens
Small stuffed animal	-	1	Don't send your favourite though...just in case
Book to read or activity books	1	1	Good for quiet and rest time
Sled/toboggan	1	1	Please bring a helmet to wear while sledding.
Mesh bag, one per family member	1	1	To put, hats, mitts and scarves in to hang and keep together

Because the weather can vary, dressing for activities is best done by layering so you can add or remove layers for your comfort.

If items become very wet during the weekend, we do have access to dryers. Please inquire with the staff for their usage.

Please **do not bring** any of the following with you to camp:

Money; food (unless supplementing special diet); knives; matches, lighters etc.; alcohol or illegal drugs; electronic equipment; heavily scented items; valuables; pets

### Health and wellness

We strive to ensure everyone remains healthy during their time at camp and encourage people who aren't well to remain at home, so they don't infect other campers. To help keep our community healthy, we reserve the right to implement a simple wellness screening check during camp arrival on the first day. This could include a discreet check for head lice, an ear probe temperature check, and/or a self-completed questionnaire about health which is completed by the parent (e.g. "has this camper vomited in the past 48 hours?"). If our camp staff determine via the wellness screening that a camper is not well enough to attend camp, a refund less the deposit will be provided.

[Read more](#) for information about health and wellness at our camps.

## Phase Two: Heading off to Camp

Camp Ma-Kee-Wa is located at 10602 Hwy 9, Palgrave, ON, L0N 1P0. [Directions to camp are available.](#) Please verify any web-based maps (e.g. Google maps) or GPS directions against the written description for each camp. **In the past, some GPS systems have taken people to incorrect locations.**

### First day of camp

**Sign in opens at 10 a.m. on Saturday, February 14, 2020.** Please be advised that we are unable to host anyone on site more than 30 minutes before sign in is available. If you are going to be late, please contact us to let us know. The camp can be reached at 519-941-3842.

### What will happen once you arrive at camp

- Once you're out of the car and in the parking lot, your family will be greeted by a camp staff. The parent signs in the family and campers.
- Each of your family members will be given a temporary name tag and directed where to go next.
- A brief wellness screening check may be administered by a program member while the parent is present.
- If parents will be bringing any medication for themselves or their children, they will be provided with a means of safe storage and record keeping. Parents are responsible for administering their own and their child's medication.
- Camp staff will help families find their assigned sleeping space.

### Last day of camp

**Camp ends at 11:30 a.m. on Monday, February 17, 2020.** Please remember to sign out with the camp staff before leaving camp property.

# Phase Three: At Camp

## Sample Camp Schedule

	Saturday	Sunday	Monday
7:30		Rise and Shine.	Rise and Shine.
7:45		Breakfast	Breakfast
8:00			
8:45		Activity Period #2	Activity period #5
9:00			
9:15			
9:30			
9:45			
10:00			
10:15		Arrivals. Sign in, settle in	Snack/ transition
10:30			
10:45			
11:00			
11:15	Welcome and Site orientation	Activity period # 3	Closing
11:30			
11:45			
12:00			
12:15			
12:30			Lunch
12:45			
1:00			
1:15			
1:30			
1:45			
1:55	Hibernation		
2:00			
2:15			
2:30			
2:45	Activity block #4		
3:00			
3:15			
3:30			
3:45	Snack		
4:00			
4:15			
4:30			
4:45	Quick Picks		
5:00			
5:15			
5:30			
5:30	Pre-Dinner Mix and Mingle	Pre-Dinner Mix and Mingle	
5:45	Dinner	Dinner	
6:00			
6:15			
6:30			
6:45			
7:00			
7:15	Evening Program	Evening Program	
7:30			
7:45			Snack/ transition time
8:00			
8:15	Campfire and Snack	Campfire	
8:30	Early Bedtime	Early Bedtime	
8:45			
9:00	Night Owls Program	Night Owls Program	

## How to contact the Camp Staff

If you need to contact the camp staff while at camp, you may phone the camp directly at 519-941-3842.

## Camp Program

Our winter camp program is diverse and weather dependant. We strive to provide choices and a variety of activities, both active and passive. We aim to engage our participants in fun and some learning and ultimately create a memorable camp experience. We'll provide opportunities for children and adults to play together but also allow for some age divided programming. Outdoor activities may include snowshoeing, tobogganing, kick sledding, hiking, nature lore and broomball. You'll also have an opportunity to improve your camping skills when you learn fire starting, shelter building, outdoor cooking, snow shelters and snow study. We'll also offer traditional camp activities such as crafts, skits, campfires and sing-alongs.

## Attendance, Participation and Supervision

We encourage all participants to make the most to their time a camp with us by participating in all programs to the best of their ability. Please let us know if you need any sort of accommodation in order to participate fully in our program. If you or your family choose to opt out of a program, please let one of the camp staff know where you will be in case of emergency.

Some of our programs require the adult to be present at the activity with the children. In these instances, the adult and child are both considered active participants. It is expected that the adult will be present and involved in the programming along with the child. Other programs will be for children only and will take place on-site under the supervision of our camp staff. At least one adult must remain at camp while their child is in child-only programming. While children's programs are scheduled, we will also offer some adult programming. If a parent wishes to have their child(ren) opt out of any programs, it will be up to the parent to supervise their child.

At any time, if a participant of any age is leaving site (example, "I'm going in to town" or "I'm going for a run on the local roads") then we need them to sign out and back in with the camp staff. Campers are also expected to sign out at the end of camp. Adults are responsible for the children that they brought with them at all times, so at least one adult from each family must remain onsite if their child(ren) are onsite as well.

## Meals and Dietary Restriction Accommodations

We do our best to provide balanced meals including 3 snacks a day at camp. Meal times are not only a time to refuel but also to spend some time together as a family and with the new friends you'll make at camp. Meals are served on the main floor of The Barn and may have buffet, serve yourself or family style dinning elements depending on the meal. We ask for parents help to ensure that their children have enough water and healthy food to make the most of their experience at camp.

Throughout the day there be a hot drink station with coffee & tea available and a fruit bowl available for self-serve snacks.

Most often we can accommodate allergies or dietary concerns. However, this should be considered a team effort between the camper, camper's family and our camp staff. As the camper and camper's family are most familiar with the allergy or dietary concerns, we will need this family support at our camps, to share their knowledge of products with our camp staff. Some basic specialized diets can be accommodated at our camps in most programs without any extra support required from a family or camper. This includes:

- Vegetarian diets (e.g., we can provide meals and food products without meat)
- Non-severe lactose intolerance (e.g., we can provide lactose-free milk, but we would rely on campers to use lactose tablets to be able to eat most of the food we provide)
- Peanut or nut anaphylactic allergies

- Shellfish allergies

In addition, we offer a peanut and nut aware community. We don't purchase anything with nut or peanut products, however some labels of products we do use state, "this product may contain...". We will always keep labels around to help keep campers informed on our products and can provide substitutions as necessary.

We require some support from the family for the following allergies or dietary concerns:

- Gluten-free diets
- Vegan diets
- Diabetes
- Dairy, egg or soy allergies (e.g., which would require the elimination of all egg or dairy products from all food we provide)
- Anaphylaxis to any dietary product other than peanuts or nuts
- Dietary preferences, examples: high-protein diets, low-fat products, raw food diets

Any modifications or supplementary meals and snacks provided must not have nuts or peanuts in them. For example, for a milk allergy, please do not substitute almond milk. We may also require families or adult participants to help us prepare the meals for these dietary restrictions, allergies or concerns. If a dietary limitation is stated on an application, we will reach out to families two weeks before camp starts to discuss the menu and alternatives if the camper has dietary restrictions which we need assistance to support.

### Phone and Internet Access at Camp

There are no facilities available for campers to make or receive phone calls or use the internet at camp.

### Cell phones & computers - for adult participants only

Adult participants should note that cell phone reception is occasionally great, but at other times limited. The camp staff will be able to tell you where the best reception is. We encourage you to embrace the escape that camp provides and if you must use your cell phone, please do so discreetly. Internet services are not available at camp.



## Phase 4: Camp has ended ☹️

### Lost and Found

If labelled items are found at camp, all attempts will be made to contact the family to reunite owners with lost items.

If you have noticed something was lost during your stay, contact our offices at [ON-campingFAQ@girlguides.ca](mailto:ON-campingFAQ@girlguides.ca). If an item was found at camp, we can make arrangements for pickup at the office, or delivery to a home address at the expense of the family. Should prescribed medicine be left behind at camp and found we will contact you immediately for shipping details. **Items left over at camp and unclaimed 2 weeks after the camp program ends will be donated to charity.**

### Surveys

We will send a survey out to all participating families shortly after the program ends. Please be sure to fill the survey out once you receive it so we can take your feedback in to consideration for the purposes of planning future programs.