

Nature Explorers Camp Checklist

Summer 2019



Information for Parents

1. Camp does not start until 8:30 a.m.; unless you are registered and paying for before and after care. Before care starts no earlier than 8:00 a.m. and is provided until 8:30 a.m. After care runs from 4:30 p.m. to **no later than 5:00 p.m.** (If you are later than 5:00 p.m., **you must pay staff \$5 for every 5 minutes that you are late.**)
2. Parents need to come into the building with their children in the morning and at the end of the day to sign their child in and out. We use this time to pass on information about the day. We require that parents initial our sign in/out sheet. Our sign in and sign out policy is for the safety of all the children attending Nature Explorers Camp.
3. Due to life threatening nut and peanut allergies of staff and campers, your child is responsible for bringing a **nut/peanut free** lunch and snacks. Our camp also promotes litterless lunches so please pack food in **reusable** containers. Any garbage and recycling your child has will be sent home with them. Also, please ensure that your child brings 3 **reusable** bottles of water every day.
4. It is extremely important that all your child's belongings are **well labeled**. This especially includes sunscreen and reusable water bottles.
5. At the beginning of the week, your child will be placed in a small group based on age with one instructor to ensure a ratio of 8 campers to 1 staff. Most of our camp activities are done as a large group, but we sometimes split into these smaller groups to better suit the needs of the different ages of campers. If you have requested on your registration form for your child to be in the same group as their friend, we will try our best to accommodate this.
6. Campers need to be prepared to go on hikes (footwear, attitude, etc.). Staff are very knowledgeable about the trails and will make decisions on hike length based on campers' abilities and the weather. Campers are not required to carry anything with them on hikes except for a water bottle.

Packing Lists for Campers

To leave at the Outdoor Centre for the week:

- Thin light colored long pants and long sleeved shirt for **off trail** adventures – key to keeping kids mosquito, sun and tick free for our big rambles.
- Rain boots
- Rain gear
- Extra hat
- Children's bug spray ***optional** (clearly labeled with the child's name)
- Sunglasses and sunscreen (clearly labeled with the child's name)
- Running Shoes (children must have appropriate footwear for hiking, no flip-flops please)

- Change of clothes for water games and/or emergencies (shorts, t-shirt and underwear)
- Goggles, sunglasses or other eye protection

To bring daily:

**Children should wear clothing appropriate for the weather.*

- 3 reusable bottles of water (or some other **non-carbonated** drink your child likes, labeled with your child's name). *** **Our water is not treated so we cannot fill up water bottles.*****
- Large **nut/peanut free** litterless lunch and two large healthy snacks (keep in mind that we are outside and active so kids may have a larger than normal appetite).
- Sun hat or ball cap (labeled - no bandanas or visors).
- Running shoes for games and hiking (no flip flops please)
- A book to read during quiet time at camp. Please have your name on the book and have it in a Ziploc or protective bag.

To bring for Gould Lake days:

**We usually go swimming at Gould Lake on Tuesdays and Thursdays, weather permitting. The weeks of July 4-7 and August 8-11 we will be going Wednesday and Thursday, weather permitting.*

- Bathing suit - but don't forget dry clothes (shorts/top/underwear) for the ride back to Little Cat.

Please wear your bathing suit under your clothes to camp on Gould Lake days.

- Towel
- Extra t-shirt or UV swim shirt to wear in the water while swimming to be protected from the sun
- The swimming area is buoyed off and we always have at least one certified lifeguard on duty. If your child prefers to use a lifejacket when in the water they are encouraged to bring one only if it fits them properly.

What **NOT** to Bring to Camp:

Please do not send cameras, toys, cell phones, game boys, iPods, Pokémon cards, spinners, etc. to camp with your child. These take away from the focus of our camp and should remain at home.

Thank you and Happy Camping to all,



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CONSERVATION AUTHORITY