



What to Bring:

Please make sure that your campers NAME is on EVERYTHING

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| <ul style="list-style-type: none"> * Appropriate outdoor clothing.
Remember: <u>campers will get dirty!</u> * Packed Lunch in reusable containers. An insulated lunch bag with a small icepack will keep food fresh. * Water bottle (preferably Stainless Steel) with water * Swimsuit and Towel - Best to have it everyday, just in case! * Hat (VERY IMPORTANT) | <ul style="list-style-type: none"> Sunscreen (SPF 30 or greater) AND Mosquito Repellent Medication (if required) must be packed in the proper bottle with the name of the medication and child clearly displayed Running Shoes (and Socks!) NO flip flops Extra shoes for Water Activities (not sandals) Backpack or Bag to carry it all in! |
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Thursday Overnight:

In addition, please pack the following:

- *Lunch for Thursday
- *Pillow
- *Change of Clothes (AND SWIMSUIT)**
- *Pajama's
- *Sleeping Bag

The overnight will take place inside the campground of Fort Camping. We will be sleeping in tents. If the weather is terrible there is a on-site Activity Hall where we will sleep. Thursday Dinner, Friday Breakfast and lunch will be provided

Please **DO NOT BRING** any sort of weapon, knives, or lighters/matches. No electronics, portable game systems, cell phones, or cameras.

Please send your child WITH SUNSCREEN ALREADY APPLIED everyday!

General Rules for Parents/Guardians:

Sign-In and Out: When dropping of your camper please make sure you are signing you camper IN and OUT again when you pick them up. **Only people who have been assigned by the parents/guardians can pick up campers**

Late arrivals: Attendance will be taken each day. If a camper has not been signed in a phone call will be made to the parent/guardian. Please contact the program manager (778 809 1552) if you know your camper will be late or absent

Visitors: Our days are packed with lots of activity and visitors can be very disruptive to the campers (especially those prone to homesickness). We ask that if visits are necessary please call the program manager (778 809 1552) to arrange a time.

Food: Please pack nutritious Camper-friendly meals in reusable packages to eliminate the waste. A reusable water bottle (preferably stainless steel) is needed as there are no fountains to drink from, only faucets for filling up. Remember we are NOT an allergy free site However, it is recommended that children bring nut-free snacks and lunches. **Please let us know if your child has any food allergies as we will be providing meals for Thursday dinner, Friday breakfast and Lunch.**

Rules for Children while at camp

- * **ALWAYS** listen to the leaders (this includes Lifeguards and Canoe/Kayak instructors) and respect what they say. If your leader says to stop it is important that you listen and STOP! Some of the activities REALLY require respect (especially the ones around water!). Water activities may be cancelled if this rule is not followed
- * Your leaders must always be able to see you. If you need to use the washroom please ask before you go so that your leaders know where you are
- * If you make a mess, clean it up!! If you need help at any time please ask your activity leaders and they will gladly help you!
- * There are certain areas that are off limits to campers such as: Campground guests' sites, the riverfront/pool (when not with a leader) and outside the park (including the back half of the island).

If you have questions or will be late/absent for camp please call 604-888-3678 and speak to reservations. They will pass along the message to the Day Camp leaders. If it is an emergency and you are unable to get through please call our emergency number at Fort Camping: 604-835-0552.