



# Iona Camper Package



## A Letter from the Camp Director

**Dear campers,**

Welcome home! We can't wait to see you here this summer at Iona. Every day we get more and more excited for camp to start - this summer is going to be extraordinary! You'll have tons of fun doing activities like archery, canoeing, swimming in Echo Lake, hanging out at our nightly campfire, exercising your creativity in our Maker Space, exploring the forest, and so much more! We hope you're as excited as we are. As you prepare for your camp session, please look through this booklet about Camp Iona, what you should pack, and everything you need to know before you come. We're counting down the days 'til you arrive!

**Dear parents and guardians,**

First of all, we would like to thank you. Thank you for providing this opportunity for your child to build independence, confidence, and friendships. And thank you for entrusting your kids to us here at Camp Iona. Regardless of whether it is your child's first time coming to camp or they're a camp lifer, our primary goal is to provide every child with the most memorable week that we can, while ensuring their "360° Safety". This means we want them to feel physically, emotionally, socially, and spiritually safe in everything we do – from water activities to exploring nature to discussing elements of their faith.

This information package is designed to help you and your child prepare for camp together, and gives you an idea of what to expect at camp this summer. When talking about the upcoming camp experience, clarifying expectations and setting a positive tone are all important steps in ensuring that your child will be able to get the most of his or her camp experience, and we're here to help you do that! We take our responsibility of providing care, support, and mentorship for our campers very seriously, and would love to answer any questions or concerns you have that aren't covered in this information package.

Yours in camping,

Robynne "Mapes" Howard  
Camp Director, Cairn Family of Camps  
[mapes@ilovecamp.org](mailto:mapes@ilovecamp.org)

What are our Guiding Principles?

**The 4 S's**

Is it SAFE?

Does it SERVE the community?

Does it promote SELF-ESTEEM?

Is it good STEWARDSHIP of our Earth?

Empowering Great Decision Making

**Contact Us**

Robynne "Mapes" Howard (Camp Director): [mapes@ilovecamp.org](mailto:mapes@ilovecamp.org)

Bridget Tilly (Administrator): [admin@ilovecamp.org](mailto:admin@ilovecamp.org)

Camp Office phone number: 705-767-3300





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## Welcome to Iona

Your registration for Camp Iona has been received – thank you! We are very excited to have you join us on the shores of Echo Lake this summer.

**Please note that all forms must be completed prior to arrival**

### **Iona Base Camp**

Iona is located in a beautiful forest on the rugged granite bedrock of the Muskokas, with Echo Lake as its closest neighbour. With all of this, we are in the prime territory for wilderness camping experiences. The Iona site has two “units”, each one consisting of two camper tents that comfortably sleep four or five campers – each camper sleeps on their own mattress, surrounded by ample space for their belongings. Each unit also has a smaller staff tent located in between the two camper tents, in which staff will stay during all resting times should a camper require assistance. For bathroom facilities we boast five ecologically sound composting KYBOs, tooth brushing and hand washing stations, and a set of 3 outdoor showers. We have three Yurts as our indoor spaces, but most of our programming occurs outdoors.

### **Food at Iona**

Meals for campers and staff at Camp Iona are prepared in the Glen Mhor kitchen by our shared Cairn kitchen staff. Some meals arrive at the site ready to eat, and some are meant for staff and campers to cook over the campfire. This part of our programme and culture allows campers to learn and develop their camp cooking skills. If your camper has special dietary needs, our kitchen staff will create alternatives for them.

### **The Iona Program**

Daily our programming focuses on being active and having fun in the outdoors, all the while developing wilderness living skills and building friendships. Camp Iona is a small, but tight-knit community, which allows for countless opportunities for camper-directed activities, free play, and discovery. Our campers participate in wilderness-focused activities such as fire building, knot tying, and nature lore, as well as more traditional camp activities like archery, canoeing, swimming, team initiatives, and low ropes. We work to challenge campers with new knowledge and skills, no matter what level of outdoor experience they may have.

Faith is integrated into daily life at Iona through prayer, discussion, and a supportive and caring community. We have a specific time for focused spirituality discussions and activities, as well as reflection time at the beginning and end of each day.

### **The 24-Hour Trip**

All Iona campers have the opportunity to go on an overnight canoe trip during their camp session. From an overnight on our local island to paddling the Muskoka River, each week leads to a different 24 hour tripping adventure (or longer, during Iona’s Adventure Camp!) Canoeing, portaging, packing, and meal preparation are community efforts, and all continue Iona’s focus of building wilderness skills.





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## Having the Right Gear

The clothing and equipment campers bring to Iona can dramatically affect their comfort and enjoyment of their time at camp. Please help your child select camp-appropriate gear. Additionally, luggage is carried from the parking lot to the tent sites, so please use bags with sturdy handles, such as duffel bags or back packs. Have fun packing!

### Must Haves

- socks and underwear
- shorts
- pants
- t-shirts
- long-sleeve shirts
- sweatshirt/fleece/hoodie
- non-cotton sweater and pants for trip
- quick-dry shorts and t-shirt for trip
- swim suit and towel
- pajamas
- pillow & sleeping bag (preferably one that can pack small for trip)
- waterproof rain jacket (we are outside rain or shine)
- rain boots
- sturdy close-toed shoes for around site
- shoes for the beach (sandals, crocs, etc.)
- shoes that are close-toed, tie-on, and can get wet
- medication (if required)

### Nice to Have (Optional)

- bug jacket
- cuddly toy
- pen/pencil/colouring supplies
- stationary for writing letters, drawing, etc.
- camera

### Toiletries and Other Supplies

- toothbrush and toothbrush case/holder
- toothpaste
- shampoo, conditioner, soap
- bath towel and washcloth
- hairbrush or comb
- water bottle
- sunscreen
- insect repellent
- flashlight
- Bible

### **What do I leave at home?**

Electronic or battery-operated devices: This includes cell phones, iPods, iPads, computer games, CDs, laptops, stereos, gaming devices, etc. We promote camp as a place to unplug and fully embrace the natural world around us.

Food: Animals are attracted by food and can be both dangerous and destructive. Any food brought to camp will be kept in the kitchen and returned to the camper upon departure.

Expensive Jewelry: At camp, things get dirty and are easily lost. Please keep valuables at home.

Tank tops: Campers spend the majority of their days outside in the hot sun. It is imperative that they bring and wear clothing that covers their head and shoulders.

Money: The Tuck Shop will be open on opening and closing days to purchase souvenirs; there is no need to have money during the session.

**Cairn Family of Camps cannot be held responsible for lost, stolen, or damaged items.**





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## Opening and Closing Day

### Opening Day

Registration will be conducted between 3:00pm and 4:00pm. We cannot accept campers before the specified registration time. Campers who arrive early will be asked to stay with their drivers until they are registered and officially taken into our care.

Upon your arrival at Iona you will first be directed to register your camper. We will have Tuck Shop merchandise available to be purchased, and you may also request a tour of the site at this time. If you have any questions, camp staff members, identifiable by their uniforms, will be happy to assist you.

Parents and guardians are invited to join us at 4:00pm for an information meeting at Camp Iona. This meeting will run every opening day.

### Closing Day

Parents and guardians are invited to attend our Closing Campfire at 10:00am on Closing Day. Campers must be signed out between 10:00am and 11:00am. You will be required to provide photo ID in order to sign out your child.

**Please note:**

If, due to an emergency, you are unable to pick up or drop off your camper during the established times, please call the camp office at 705-767-3300.

Those with campers at both Glen Mhor and Iona will have to drive to each site to drop off their campers.

## Contacting Campers

### Mail

There is nothing more exciting than receiving a letter while at camp! Your camper can pack some stamps and envelopes to send you mail as well, if they'd like. Keep in mind that it takes about 3 days for mail to travel in Ontario. Our mailing address is 3200 Muskoka Road 117, Baysville ON, POB 1A0

### Email

In order to maintain regular contact with your camper, we offer a free, one-way email service to all camper families. Send an email to [cairncamp@gmail.com](mailto:cairncamp@gmail.com), including the camper's name and cabin name in the subject line, and we will print off these emails every morning to distribute to the campers. Please note that there is no reply option.

### Phone Calls

To help each camper experience the rewards of a successful, independent stay at camp, we believe it is best to limit telephone contact from home. Please make it clear to your child that, while you will be able to contact each other by phone in case of emergency, you will probably not need to talk on the phone during their time at camp. In case of an emergency phone call from home, we will bring your child to the Camp Office as soon as possible to speak with you.





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## How do I get to Iona?

### From the GTA:

Take Hwy 400 North past Barrie. At the north end of Barrie, transfer to Hwy 11 North. Continue on Hwy 11 North past Bracebridge and Exit on Hwy 117 East. Take Hwy 117 East through Baysville. Approximately 3km east of Baysville, turn right onto Winder's Bay Road. Follow Winder's Bay Road to where it ends, about 3km, to the Iona driveway, located on the left.

### From Eastern Ontario (Ottawa):

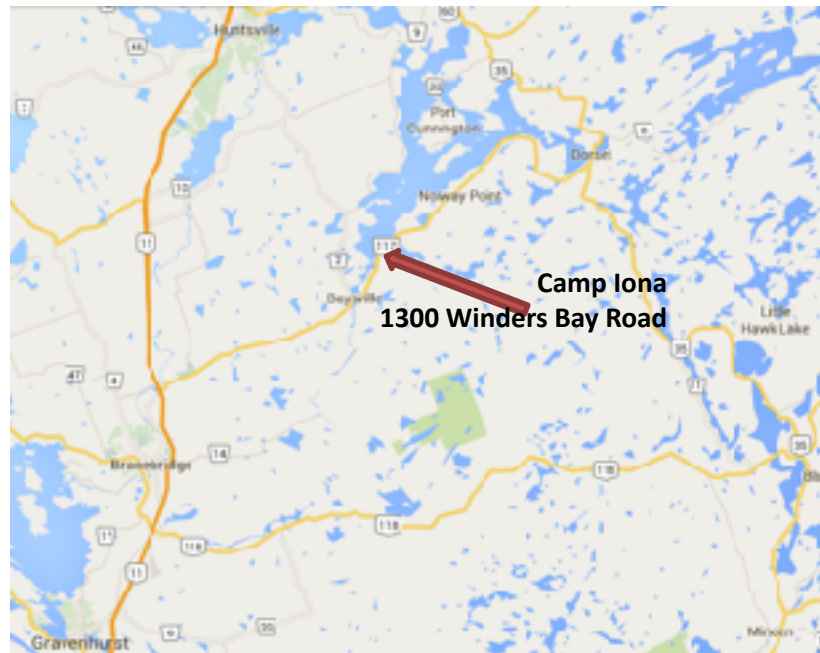
Take Hwy 17 East to Renfrew where you will transfer to Hwy 60 West. Continue on Hwy 60 to the town of Dwight, where you will turn left on Hwy 35 South. Take Hwy 35 South to Dorset, where you will turn right on Hwy 117 (west). Continue for 23km, then turn left onto Winder's Bay Road. Follow Winder's Bay Road to where it ends, about 3km, to the Iona driveway, located on the left.

### From Peterborough:

Take Hwy 115 West of Peterborough to Lindsay, then turn onto Hwy 35 North. Continue on Hwy 35 for 160km, then turn right on Hwy 117 at Dorset. Continue for 23km, then turn left onto Winder's Bay Road. Follow Winder's Bay Road to where it ends, about 3km, to the Iona driveway, located on the left.

### By Bus:

If your camper must travel by bus, we ask that you call the camp office and make arrangements for a staff member to meet your camper at the **Bracebridge** bus station. Please tell the camper to wait and identify themselves to someone wearing a camp staff uniform.





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## Additional Notes

### **Weekend Overnight Stay**

Any campers staying on-site between sessions will be staying at the Glen Mhor site. The cost for this is \$50.00 per camper per night. Laundry will be made available for campers staying over the weekend.

### **Lost and Found**

Please check the lost and found before leaving the camp. Unclaimed articles will be held for two weeks only, and then will be sent to the Salvation Army.

### **Laundry**

We do not have camper laundry facilities available for regular use. Make sure to pack enough for the entire camp session.

### **Lice Checks**

We ask that you please check your child's hair one week before you travel to camp, so that you have adequate time to treat your child with lice shampoo should that be necessary, and again the day before you come. We ask you do this to prevent lice outbreaks within cabins.

### **Nut Policy**

We are committed to running a nut-aware camp program again this summer. In nearly every session we have campers or staff with fatal nut allergies. Every step will be taken to protect their safety. The food service department will create menus with this in mind. Please assist us by not sending any nut products, or any products that may contain nuts, with your camper or in any package mailed to camp. While we are making this a priority, we can in no way guarantee a nut-free site.

### **Tuck Shop**

We have a wide selection of camp clothing and souvenirs available on Opening and Closing Days as a special way for your camper to remember their time at camp. We can accept cash, cheque and credit card.

### **Camper Medications**

Medications must be received in their original packaging – as organized and signed by your pharmacist – in order for our Camp Nurse to ensure that your camper is receiving the correct dosage. Any over-the-counter medications must also be in its original packaging. Always bring enough for 1½ weeks to ensure we will have the appropriate amount for your child. All medications will be kept by the Camp Nurse in the Health Centre.

### **Unpredicted Medical Treatment Policy**

During your child's stay, should they need specific or specialized medical attention (prescription drugs, dental work, specialized products such as lice shampoo, crutches, ankle braces, foot casts etc.), Cairn will purchase the necessary items. An invoice will be provided for parents and guardians to be paid on Closing Day.

### **Privacy Policy**

For information on the Synod Camping Privacy Policy please refer to our website at [gmi.ilovecamp.org](http://gmi.ilovecamp.org). Any questions can be answered by Chantal "Match" Jackson, our Privacy Officer.

### **Canadian Tire Money**

We would welcome your Canadian Tire Money. These donations help us to pay for the regular maintenance concerns of camp. Thank you to the families who have collected Canadian Tire Money for us in the past.

