



Trip Camper Package



A Letter from the Camp Director

Dear campers,

Welcome home! We can't wait to see you here this summer, taking part in our tripping program. Every day we get more and more excited for camp to start – this summer is going to be extraordinary! This year we will be running a number of different white water trips, including down the Muskoka River, Moon River, and even taking a 10-day trip up in Temagami, as well as our flat water canoe trip in Algonquin Park. Our aim behind these trips is to have loads of fun, learn new skills, and grow together in God's creation. As you prepare for your camp session, please look through this booklet about our Tripping Program: 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 the Cairn Family of Camps. 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 learning and developing skills on shore, to tackling portages and rapids out on the river, to discussing elements of their faith surrounded by the beauty of creation.

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 important steps in ensuring that your child will be able to get the most of their 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

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
Bridget Tilly (Administrator): admin@ilovecamp.org
Camp Office phone number: 705-767-3300





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Welcome to our Tripping Program

Your registration for your Trip session has been received – thank you! We are very excited to have you join us this summer.

Please note that all forms must be completed prior to arrival

Preparation for Trip

Campers taking part in one of our out-trips will spend their first day at Glen Mhor, learning and practicing skills they need to know when out on trip, packing food and gear, and getting to know their trip leaders. Before going out on trip, our trippers ensure that campers have a base knowledge in canoeing strokes, how to set up a tent, using throw bags for white water, and how to effectively use the gear provided. Our Intro to White Water trippers will spend more time developing their paddling skills at Glen Mhor, and during day trips to the Muskoka River, and then will be able to put those skills into practice on a 24-hour overnight trip.

Food on Trip

All food will be provided by and prepared at our Glen Mhor camp kitchen. Please be sure to include all dietary restrictions or needs on your Camp Health and Information forms so that we can be sure to accommodate you and your needs both on and off site. Our camp is designated as “nut aware”, which means we ensure that there are no nut products or “may contain” products in our kitchen. Please feel free to bring snacks for your drive up to camp, but we ask that you please leave them in your vehicles upon arrival. This is to avoid attracting animals and bugs into your tents and cabins.

Trip Check-ins and Emergency Plans

Because there will be little to no cellular reception during our trips, we use a SPOT (Satellite Personal Tracker) device on all our trips in order to communicate with main camp. The SPOT has a feature that allows us to send a pre-set email to the camp’s directors to check in each day. This email lets the directors know that everything is okay and also sends a satellite image of our location and our exact coordinates. If there is an emergency, the SPOT has a way for us to alert the directors, via email, that we need to pull out early (this might happen if our gear somehow broke, our food reserves were compromised or there was a minor injury). In the case of a major emergency, the SPOT has a 911 button that alerts both the directors and Search & Rescue for immediate assistance. Our tripping staff is qualified to deal with emergencies in the wilderness, and have previous tripping experience and training to ensure they are prepared for any issue they may face when out on trip. Our trippers are required to have their National Lifeguard qualifications (which includes Standard First Aid + CPR C), Wilderness First Aid, and at least one year of previous trip leadership experience.

Faith is an integral part of daily life on trip, and is practiced throughout the day by means of prayer, discussion, and an ever-present supportive, caring community. Organic conversations about faith can happen any time on trip - the beauty and intricacies of our world surround our trippers constantly, which fosters discussion about faith, gratitude, stewardship, and the awe-inspiring work of our Creator.





Trip Camper Package



Having the Right Gear

All gear required for safety or articles that are essential to the trip (i.e. boats, packs, canoes, PFDs) will be provided by Cairn. The personal clothing and equipment campers bring trip can dramatically affect their comfort and enjoyment of their experience. Please help your camper select appropriate gear.

Must Haves

- underwear and warm socks for each day
- shorts (1-2 pairs)
- pants (1 pair quick-dry or lightweight - please no jeans)
- t-shirts (2)
- long-sleeve shirts (1)
- sweatshirt/fleece (1)
- swim suit and towel
- hat with a brim
- warm hat/toque
- pajamas
- sleeping bag (ideally one that can pack down small)
- waterproof rain jacket
- wet shoes (for white water trips, wet **shoes** are required, not sandals - your feet must be protected)
- sturdy close-toed shoes for around site
- medication (if required)

Toiletries and Other Supplies

- toothbrush and toothbrush case/holder
- toothpaste
- shampoo, conditioner, soap - campers shower when they return to camp on the last day of trip
- bath towel and washcloth
- hairbrush or comb
- Feminine Hygiene Products (FHPs)
- water bottle
- sunscreen (SPF 30 or higher)
- insect repellent
- flashlight

Nice to Have

- *remember that they may get wet
- bug jacket
- cuddly toy
- pen/pencil/colouring supplies
- stationary for writing letters, drawing, etc.
- waterproof camera
- deck of cards or a small game

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 will be spending all day 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.





Trip Camper Package



Opening and Closing Day

Opening Day

Registration for the camp sessions will occur 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.

Trip campers are dropped off at Cairn's Glen Mhor site, at which time you will first be directed to park your car, then register your camper in the Lodge (our dining hall). Our Camp Nurse will be at the registration table to receive any medication so it can be passed on to our trip leader to be administered when necessary. 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 in the Breezeway, right outside the Lodge. 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.



Trip Camper Package



How do I get to Glen Mhor?

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. 5km east of Baysville, turn right into the Glen Mhor driveway, at 3200 Hwy 117.

From Eastern Ontario (Ottawa):

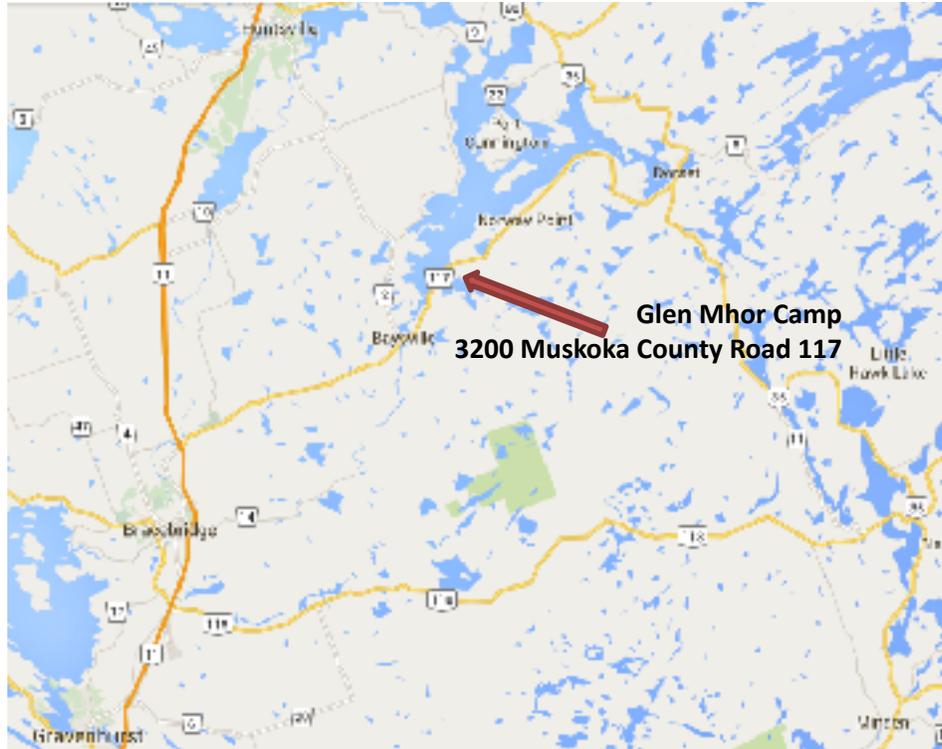
Take Hwy 17 East to Renfrew where you will transfer to Hwy 60 West. Continue on Hwy 60 to the town of Dwight, where you will turn left on Hwy 35 South. Take Hwy 35 South to Dorset, where you will turn right on Hwy 117 (west). Continue for 20km, then turn left into the Glen Mhor driveway, at 3200 Hwy 117.

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 20km, then turn left into the Glen Mhor driveway, at 3200 Hwy 117.

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. 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.

