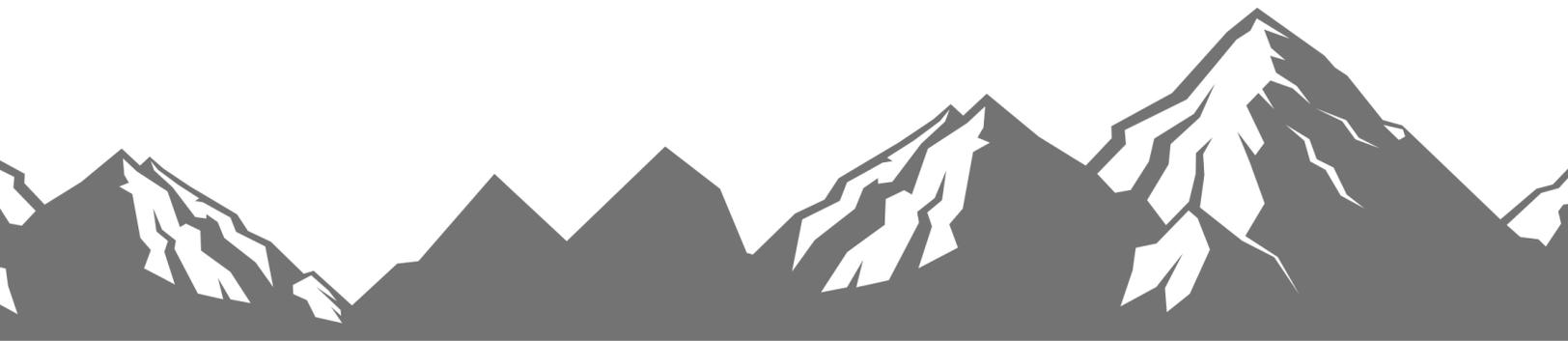


**CAMP SUMMIT**

**SUMMER CAMP  
FAMILY HANDBOOK**

**-2022-**





# WELCOME TO CAMP SUMMIT!

We are looking forward to welcoming new campers and reuniting with our returning campers for another great summer at camp!

The following information package is intended to help parents and campers (both returning and new) prepare themselves for this great summer camp experience. We hope that you will thoroughly read this package with your camper so you are both prepared for and comfortable with the routine and expectations of camp.

## ***See you at Camp!***

**Geoff Park “Parky”** - Owner & Senior Director  
**Rianne Barette** - Associate Director & Office Manager  
**Emily Kalil** - Outdoor Education Director & SLC Coordinator  
**Gary Stamper** - Site Manager

*Camp Summit respectfully acknowledges that we operate on the unceded shared territory of the x̱məθkwəy̱əm (Musqueam), Skwxwú7mesh (Squamish) and Selilwitulh (Tseil-Waututh) Nations. We bear witness to the past, honour the present and contribute to a more just future.*

## **CAMP SUMMIT (PHYSICAL LOCATION)**

14051 (Mile 18) Upper Squamish Valley Road  
Squamish, British Columbia, Canada

## **OFFICE TELEPHONE**

604 - 898 - 3700

## **EMAIL CONTACTS**

Registration / General Inquiries: [riane@campsummit.ca](mailto:riane@campsummit.ca)

Personal / Confidential Concerns: [geoff@campsummit.ca](mailto:geoff@campsummit.ca)

Daily Emails to Campers: [campers@campsummit.ca](mailto:campers@campsummit.ca)

**WEBSITE :** [www.campsummit.ca](http://www.campsummit.ca)

**INSTAGRAM :** [@campsummit](https://www.instagram.com/campsummit)

**FACEBOOK :** [facebook.com/campsummit.ca](https://www.facebook.com/campsummit.ca)

## **CAMP SUMMIT (MAILING ADDRESS)**

PO Box 48  
Squamish, British Columbia, V8B 0A1

## **OFFICE FAX NUMBER**

604 - 898 - 3708

**PACKING LISTS :** [www.campsummit.ca/packinglist](http://www.campsummit.ca/packinglist)

**FLICKR :** [@campsummit](https://www.flickr.com/photos/campsummit)

**TWITTER :** [@campsummitbc](https://twitter.com/campsummitbc)

## SENIOR LEADERSHIP AT CAMP

Geoff Park (better known as "Parky") is the Founder and Director of Camp Summit. Parky first opened Camp Summit in 1999, and has been there every step of the way developing Summit into what it is today. He is very passionate about the outdoor summer camp experience and is excited to provide an opportunity for other kids to share the joy. As Director, Parky is very committed to his staff, as well as ensuring that each camper has a positive camp experience. Geoff attended the University of Waterloo for Recreation and Leisure studies. He has over 30 years of camping experience, 10 of which include counselling and senior staff responsibilities at one of Ontario's strongest camping programs, [Kilcoo Camp](#).

Parky is supported year round by our Associate Director, Rianne Barette, who oversees all administrative duties in our camp office during the year, Emily Kalil who manages our Outdoor Education Centre and Senior Leadership programs, and Gary Stamper our Site Manager.

## THE SUMMIT STAFF TEAM

Our staff members at Camp Summit host a friendly, creative, responsible, inclusive, supportive and fun environment at camp. They are an amazing group of outdoor educators, school teachers, university students/graduates and outdoor adventure leaders.

Every staff member at the camp is chosen for their qualities of great leadership, good character, and a sense of responsibility for the campers who are entrusted in their care. All of the staff are certified in First Aid and CPR with advanced qualifications in Wilderness First Aid and specific program training. All staff complete a Criminal Background Check as a requirement for their contract with Summit.

It is our policy that all staff members are required to be fully vaccinated against COVID-19.



## OUR MISSION STATEMENT

Our mission is to encourage personal growth through cooperation, teamwork and positive leadership. Through the use of experiential learning and adventure activities, our customized programs inspire confidence to embrace challenge in a safe and supportive atmosphere.

## STATEMENT OF INCLUSION

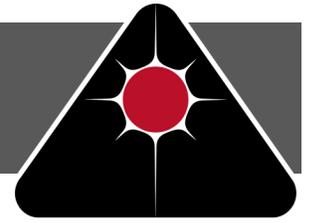
It is our belief at Camp Summit that the camp experience should be accessible to any and all who wish to take part. With this in mind we are dedicated to the creation of a safe, secure space for all of our campers and families. It is the policy of Camp Summit to maintain and promote both a community and facility that provides the highest quality experience for all individuals, regardless of race, ethnicity, religion, gender, gender identity, ancestry, ability, or sexual orientation.

## BRITISH COLUMBIA CAMPING ASSOCIATION

Camp Summit is proud to be an accredited member of the British Columbia Camping Association which facilitates and promotes an in-depth accreditation process, informs and educates its membership of camping professionals and advocates the benefits of accredited camps to parents and the BC public.

The BCCA is recognized by the [BC Centre for Disease Control](#) and is also a member of the [Canadian Camping Association](#) which is affiliated with the [International Camping Fellowship](#) and the [American Camp Association](#). To learn more about the BC Camping Association please visit their website <http://bccamping.org/>

# PREPARING FOR CAMP



## WHAT TO PACK

Clothing lists are specific to each of our camp programs – please make sure that you have the correct list for the camp that your child will be attending. [All clothing lists and packing videos are available through our website.](#)

It is important that you make sure to pack all of the appropriate clothing and gear for your child's session at camp. The items we have listed on the clothing & gear lists are necessary for the health, safety and enjoyment of the camp experience for your child.

### Things to keep in mind when packing for camp:

- **Choose function over fashion.** Your camper will be engaged in several active outdoor activities while at camp. Be sure to send them with clothing that can get dirty/stained and avoid items that you are not willing to potentially risk losing.
- It is important that you **send your child with a variety of clothing layers** so that they can keep warm in the event of inclement weather. A toque (warm winter hat) may seem like a silly item to bring to summer camp – but on hiking trips in the mountains or on a rainy day it can help your child keep warm.
- It is very important for your child to **have a good sleeping bag for camp.** A synthetic or down sleeping bag rated to -10 degrees is ideal.
- **There is no need to pack anything beyond those items listed on our Packing List.** It can be damaging to the camp experience when miscellaneous items are sent in excess. Camp is one of the few places where a child can be free of inequities. The more “stuff” that campers bring, the more inequity can be present in a cabin group.
- To prevent loss, **make sure that EVERY article is clearly marked with your child's name** using a name tag or laundry pen

## WHAT NOT TO PACK

Help us create a positive experience for all campers by NOT sending the following items to Camp:

Cellphones of any type  
Speakers of any type  
Laptops / tablets / iPods/ Mp3 players of any type  
Walkie Talkies  
Electronic Games  
Expensive clothing

Expensive jewelry  
Hair dryers / straighteners  
Snacks / Food  
Candles  
Lighters or matches  
Camping Knives / Fishing Gear

### What about using a Cellphone or iPod as a Camera?

We understand the importance of taking photos of your time at camp, however, using a cellphone or iPod as a camera often proves to be a big distraction that takes away from the experience of camp. We ask that families do not bring cellphones or iPods for their campers to use as cameras during their time at camp and instead bring a digital or a classic disposable camera!

## HOUSE TEAM SHIRTS

We have 4 House Teams at Camp Summit. Once you have been placed into a house team, you and rest of your family are part of that team for life. Brothers, sisters, cousins, dogs, cats, and all other family members will represent the same house team at Summit!

Throughout their time at camp, campers will participate in house challenges to earn points for their respective teams. Campers will also spend one day of the session competing for their house in the Camp Summit Olympics, which is always a highlight of the week!

If this will be your campers first year at Camp Summit, they will be placed in their house team on the first day of camp and meet their teammates and team captains.

Campers are required to have a house team shirt to wear on Olympic Day. If you already own a house team shirt, please be sure to bring it with you! If you are new to camp or require a replacement shirt you likely selected this option when you registered and as such, your shirt will delivered to your camper on the first day of Camp. If you are unsure or need to purchase a shirt please contact our office.

## TUCK SHOP

Due to delays with the supply chain, the Tuck Shop will move entirely to cash based purchases for Summer 2022.

We have some fantastic Camp Summit merchandise for sale this summer including Shirts (\$25), water bottles (\$20), Baseball Hats (\$20), Toques (\$15) and Sunglasses (\$5). If you are interested in your camper purchasing items from the tuck shop we recommend them bringing \$25 - \$50 spending cash. The Tuck Shop will be open a few times throughout each session and on the last day of Camp.

If you requested a new House Team shirt for your camper, it will be provided to them by the cabin counsellor once they arrive at Camp.

## PROMOTIONAL PICTURES

Several pictures are taken at Camp for promotional purposes. We share some of our best photos on our website, and on social media. If, for any reason, your child/children should not appear in these pictures, notify us in writing by the start of Camp. Please note that campers bring their own cameras and may photograph each other. We have no control over how those pictures are used.

## FEMALE COUNSELORS WITH YOUNGER MALE CABINS

Camp Summit, on occasion will place a female counselor with our younger male cabin groups (**4-9 yr olds**). We have found this to be a positive experience for both the campers and the staff member. Many of our younger campers appreciate having an older female figure with their group and for many, it helps with the transition from home to camp. A male Junior Program Staff would also be available to work with the cabin and be the live-in staff member in this instance.



## LIVED GENDER + CABIN ARRANGEMENTS

At Camp Summit, we are committed to creating a safe and inclusive environment for our camp community.

Campers are registered and organized in cabins based on their registered program, grade and lived gender.

Please register your camper as their preferred gender, as this will guide their placement in either a male or female cabin. We are available to discuss any questions you may have for your families particular situation at any time.

As with any sensitive personal information, we consider the gender identity of our campers and staff to be private unless the individual wishes to share it.

## FRIEND REQUESTS

We recognized that many campers attend Camp with a friend they hope to share a cabin with. Campers are registered and organized in cabins based on their registered program, grade and lived gender. Cabin group sizes are between 8-9 campers per cabin.

Camp Summit is committed to doing the best we can to accommodate such friend requests, however, there are a few parameters which must be met:

- **Campers must be within 12 months in age.**
- **Requests must be two-way (i.e. the request must be made by both families involved on their final forms).**
- **Campers must be registered for the same program and section of camp (Junior – Intermediate – Senior)**
- **We can only accommodate 2 requests per camper.**
- **We cannot make any changes to friend requests on the first day of any program under any circumstance.** This has proven to be a major disruption for the entire group of campers and staff who have settled into their accommodations for the week.

If your child is attending with a close friend, please take the time to speak with them about making new friends and living co-operatively with their cabin group. Part of the value of camp is making new friends and getting along with people who may seem different at first glance.

In the rare case that a request is made for two campers not to be together, it is the responsibility of both families to ensure each other are aware and involved. We will not get involved with such dynamics.

## CAMPER BEHAVIOUR

We believe that every person has the right to feel safe, both physically and emotionally, at Camp Summit. When the behavior issues arise and/or challenges present themselves, we resolve them on an individual basis. Camp staff are trained to work with understanding, care and patience.

All campers are asked to agree to a Code of Conduct to show that they understand the rules and the potential consequences of their actions. Campers are made aware of the camp rules during our community meeting on the first day and they are expected to adhere to them throughout their stay. Similarly, as a group each cabin will complete a 'full value contract' on their first day of camp.

The Camp Director reserves the right to withdraw any camper without warning who, in their opinion, compromises the physical or emotional safety of any person at camp, or who is an immediate hazard to the safety of themselves or others. Camp Summit will also remove a camper who is negatively affecting the experience of another camper or group of campers.

# CAMPER CODE OF CONDUCT

CLEAR  
WARNING

VERBAL  
REPORT  
TO CAMP  
DIRECTOR

WRITTEN  
REPORT  
TO CAMP  
DIRECTOR

PHONE  
CALL  
HOME

DISMISSAL  
FROM CAMP

PROBLEM AREA	DESCRIPTION	POTENTIAL CONSEQUENCE				
ALCOHOL	Consumption or possession of alcohol on Camp property or while in the Camp's charge.				X	X
BULLYING	Physical assault or aggression, threat of physical aggression, ongoing and deliberate exclusion, emotional abuse and/or harassment.	X	X	X	X	X
DEFIANCE	Refusal to comply with persons in authority.	X	X	X	X	
DISORDERLY CONDUCT	Persistent opposition to authority, behaviour contrary to the positive moral tone and stance of the Camp	X	X	X	X	X
ILLEGAL DRUGS	Use of non-prescription or prescription drugs not administered or approved by a Health Care professional (including the Camp Nurse or Administration)	X	X	X	X	X
LEGAL DRUGS	Use or possession of illegal drugs on Camp property or while in the Camp's charge				X	X
HARASSMENT	Repeated comments or conduct that is known or ought to be known as unwelcome (including racial discrimination, and slurs)	X	X	X	X	X
MARIJUANA	Use or possession of marijuana on Camp property or while in the Camp's charge				X	X
PROFANITY	Swearing, or the use of obscene or foul language	X	X	X	X	
SEXUAL ACTIVITY	Engaging in sexual activity which compromises the physical or emotional safety of self or others	X	X	X	X	X
SMOKING	Use of any tobacco products (not limited to cigarettes such as e-cigarettes) on Camp property or while in the Camp's charge				X	X
THEFT	Taking or possessing property without the permission of the owner. Acts of theft while in Camp's charge during off-property trips and excursions.			X	X	X
VANDALISM	Acts of vandalism include graffiti and the willful destruction of property	X	X	X	X	X
WEAPONS	Possession, use of, or threat of use of a weapon (including but not limited to a firearm or knife)				X	X

The Camp Director reserves the right to withdraw any camper without warning who, in their opinion, compromises the physical or emotional safety of any person at camp, or who is an immediate hazard to the safety of themselves or others. Camp Summit will also remove a camper who is negatively affecting the experience of another camper or group of campers.

There are no refunds (full or partial) given for campers who are sent home due to the violation of behavior policies or the above Camper code of Conduct.

## MEALS AT CAMP

Our Head Chef, Brad prepares delicious, well balanced, and nutritious meals that are kid friendly for even our pickiest of eaters! Meals are served “Family Style” with a complete soup and salad bar at lunch and dinner.

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none"> <li>◆ Scrambled Eggs, Sausage &amp; Hash Browns</li> <li>◆ Pancakes &amp; Waffles</li> <li>◆ Egg McSummit (Breakfast Sandwich)</li> <li>◆ Continental Style - Toast, Danish &amp; Croissant</li> <li>◆ French Toast</li> <li>◆ Fried &amp; Hardboiled Eggs, Breakfast Potatoes &amp; Bacon</li> <li>◆ Oatmeal With Raisins &amp; Seeds</li> </ul> <p>Every morning we have hot and cold cereal, fruit salad and yogurt are also available at breakfast. Milk &amp; Juice is served with Breakfast</p>	<ul style="list-style-type: none"> <li>◆ Chicken Burgers</li> <li>◆ Deli Sandwiches</li> <li>◆ Grilled Cheese</li> <li>◆ Tacos</li> <li>◆ Homemade Mac &amp; Cheese</li> <li>◆ Chili &amp; Baked Potatoes</li> <li>◆ BBQ Hamburgers &amp; Hotdogs</li> <li>◆ Homemade Pizza</li> <li>◆ Chicken Fingers &amp; Fries</li> <li>◆ Daily Soup Option (<i>Chicken Noodle, Butternut Squash, Tomato, etc..</i>)</li> </ul> <p>Our Salad Bar with over 20 different topping options is ALWAYS open at Lunch! Punch (Juice) is served with lunch.</p>	<ul style="list-style-type: none"> <li>◆ BBQ Chicken &amp; Mixed Vegetables</li> <li>◆ Spaghetti &amp; Meatballs with Caesar Salad &amp; Garlic Bread</li> <li>◆ Roast Beef, Mashed Potato, Gravy &amp; Vegetables</li> <li>◆ Ham, Scallop Potato, Corn &amp; Apple Sauce</li> <li>◆ Chicken Kabob, Rice &amp; Egg Rolls</li> <li>◆ Grilled Pork Chop, Hash Browns &amp; Roasted Vegetables</li> <li>◆ Roast Turkey, Mashed Potatoes, Gravy, Mixed Vegetables &amp; Cranberry Sauce</li> <li>◆ Homemade Lasagna, Caesar Salad &amp; Garlic Bread</li> </ul> <p>Our mini soup and salad bar is also available at dinner with a delicious dessert (giant cookies, popsicles, fruit tarts) served after the meal!</p>

## ALLERGIES & DIETARY RESTRICTIONS

We are pleased to provide alternative meals for those who require special diets or have food allergies. If any food allergies are life-threatening and may require extensive modifications or supplements, we do allow for food to be sent with campers to be stored in our kitchen and prepared by our Food Service staff.

## NUT POLICY

Camp Summit is a ‘nut aware’ facility. Each year, a number of campers and staff members attend camp who have life-threatening nut allergies. In no way do we want to compromise their personal safety during their stay at Camp. Our menus are created with this in mind as our kitchen does not use or actively serve food with nuts. We ask that parents do not send any personal food items with their children that contain nuts in any form. This includes any supplemental food to accommodate extensive dietary restrictions or allergies. Any food containing nuts, nut products, or which may contain traces of nuts will be disposed of and not returned or replaced.

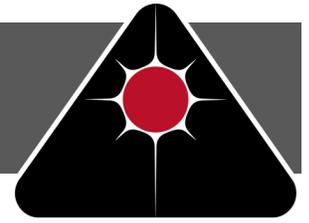
## SNACKS & ADDITIONAL FOOD

We kindly ask that you do not send any extra food such as snacks or junk food with your camper. Food in cabins attracts animals and insects, creates a great deal of competitiveness between campers, it also generates garbage, and spoils appetites. We provide plenty of great food, delicious desserts and snacks – sending candy or treats is just not necessary!

## BIRTHDAYS AT CAMP

We are delighted to provide a treat if a camper is celebrating a birthday while at Camp... we may sing a couple of songs to help celebrate a special birthday too! Camp Summit will arrange for a birthday treat for your child should their special day happen while they are at camp. It is not necessary to send a treat. If your child has a birthday at camp, you are welcome to leave a special package or card at the office to be delivered to their cabin on their special day.

# CAMPER WELLNESS



## MISSING HOME

**Missing home is a very normal and natural reaction to being away from the comfort and routines of home life; missing home can be felt by campers of any age and with any experience of being away from home.** It is important to talk to your child about missing home. Let them know that it is a normal feeling that will pass and that you have confidence that despite missing home they will have an incredible experience at camp. Don't be afraid to raise questions of homesickness – talking about it in a positive and proactive manner will help prepare them in case they experience it.

**Here are some other pointers to help prevent and manage your child missing home:**

- Involve your child in all aspects of getting prepared for camp – from researching camp to getting packed and ready to go! Discuss with your child all of the wonderful activities they will be engaged in at camp, let them know they will be making new friends in their cabin group, and that their counselor is there to help them be happy and comfortable during their time at camp. Let your child explore the camp website, view pictures, and encourage them to email us with any questions or concerns they might have. When they pack for camp, make sure they include 'security' items such as a favourite blanket, stuffed animal, or even pictures.
- Be positive with the message you send them to camp with! Often parents are more worried than children about them being away from home! Children are very perceptive at picking up their parents' emotions: if you are feeling hesitant or apprehensive about your child being away they will likely notice this and internalize it. Instead, talk about how proud you are of your child and that you can't wait to hear all about their camp experience when they return! Continue with this positive outlook in any correspondence you send to your child while they are at camp. Please avoid conversations that include language such as, "if it doesn't work out you can always call home".
- Remember that in most cases, children are homesick during the 'inactive' times of camp – rest hours, mealtimes, bedtime & early mornings. Most children that experience missing home are still having a positive experience at camp and are happy & busy the majority of the time!
- Sending an email is an option here at Summit and we're sure your child(ren) would love to hear from you! More information on how to send your camper an email can be found on page 16 of this handbook.
- Finally, we ask that you assist your camper(s) by avoiding telling them to call you if they are struggling, or telling them that they can come home if they are missing home – we find that this can enable these feelings and may cause them to become worse. The goal is to foster an experience of independence for each camper while at camp. In the event of your child missing home to the extent of being severely distressed, Summit will contact you to work out a solution and ensure that your child has a positive experience.

## MANAGING ANXIOUS ENERGY ABOUT CAMP

The key to helping you and your child get over pre-camp nerves is to acknowledge their feelings and give them tools to help them tame them. Things to consider as you get ready for camp...

- Avoid using language that could be creating anxiety for your child. Instead of asking leading questions like, "Are you nervous about going away to camp?" ask open-ending questions like, "How are you feeling about going to camp?"
- Stay positive and upbeat during conversations about camp but don't overdo it by trivializing their concerns or offering glib reassurances. "There's nothing to worry about!" or "Everyone loves camp!" may actually discourage your child to share their worries or fears with you. Instead, show that you have empathy and acknowledge their concerns.

- Help your child formulate realistic, goal-oriented plans for making friends or toasting the perfect marshmallow or reaching the top of the climbing wall. The thrill of completing these plans can give your child a feeling of success and take their mind off their anxiety.
- Focus on concrete details in conversations leading up to summer camp. Avoid abstract issues like what it's like to be away from home in favor of cabin details, meals in the lodge, or campfire rituals.
- Reflect on your own formative experiences away from home and share positive aspects of them with your child. Show that you are willing to talk about the new things they'll be doing, whether it's eating new food, sleeping in a bunkbed, getting along with cabin-mates, or coexisting with insects.
- Help your child get excited about camp: Take them shopping for new gear and focus them on fun things about camp that they can anticipate.
- Don't linger on the first day of camp. Keep the goodbye short, as delaying just causes more mixed feelings.
- Try not to over-communicate your own anxiety or nervousness about having your child away at camp. What you want to share is your confidence in your child and the summer experience they are going to have while they are away
- Don't cut your child off from you completely because you feel it will only add to their homesickness. Plan some regular communication, such as sending them an email at regular intervals. Children's anxiety doesn't always revolve fully about their experience at camp but may include worrying that something will happen to you when they aren't around. Regular communication will help assure your child that you are okay.
- Be sure to go over what to expect at camp. Use tools like this handbook to from the camp, talk about daily schedules, routines, and activities.
- Don't avoid discussing camp in an effort to avoid further anxiety! Anxious energy towards camp is a very normal and natural reaction to being away from the comfort and routines of home life and can be felt by campers of any age and with any experience of being away from home.

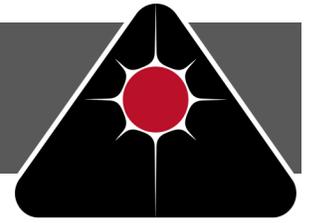
## BEDWETTING

It is our belief that bedwetting (nocturnal enuresis) should not be a reason a child cannot come to camp. We understand the hesitation and concerns campers and their families may have about managing bedwetting at camp, and as such our staff have been trained to handle this as discreetly as possible to maximize campers' comfort at camp. Here are some key points to keep in mind as you prepare for camp...

- Our camp mattresses are made out of thick vinyl which allows for quick and easy clean-up of any mess.
- Summit is equipped with on-site laundry facilities for these situations that allow for soiled items (clothes, sleeping bags) to be cleaned right away.
- Our Health Centre (HC) can store and distribute medication as necessary if your child takes medication to manage nocturnal enuresis.
- The HC is also able to store any overnight pull-ups that a camper would prefer to not keep with them in the cabin. In these cases, campers will also have access to the private washroom attached to the HC to change discreetly in both the morning and evening.

Families with concerns about their campers comfort on managing bedwetting at camp are encouraged to contact our office. We also encourage families to speak with their camper about their concerns and about strategies on managing bedwetting at camp (i.e. telling a staff you have had an accident, where to put soiled clothing to be cleaned by staff.)

# HEALTH & SAFETY



## **A successful and enjoyable camp experience begins with a healthy camper!**

All campers are required to have a “Medical Form” filled out and submitted before they arrive to camp. Failure to complete the Medical Form puts both your child and the Camp in a compromising position. All information is due online by May 31.

We understand that some parents may be hesitant to disclose information about their child’s behaviour or medical history, however, we use the information that you provide to ensure that your child has the best possible experience while at camp. Prior knowledge of medical conditions, phobias, behavioural issues, recent loss or trauma, or major family changes can make a tremendous difference in helping us to be understanding and supportive towards your child as they embark on their camp adventures.

## **HEALTH CENTRE FACILITY & STAFF**

Camp Summit has a fully functional Health Centre on-site. The Health Centre is where campers can go to take their daily medications, receive first aid for small injuries and chat with our Medical Attendant about any health concerns they may have. There is a 24-hour Medical Attendant on-site that oversees the Health Centre and all ongoing health matters at camp. Hospitals and clinics are located within a 25 minute drive into Squamish. For any major first aid emergency or if the Medical Attendant believes that a camper should see a doctor we will take them in and contact the family immediately.

## **CAMPER MEDICATIONS**

**If your child will be bringing any kind of medication from home to take while at camp please ensure the following: Medication MUST be brought to Camp in the original container. We are unable to dispense medication from any other container, including weekly pill organizers.**

- All instructions for dosage and dispensing MUST be translated into English if they are in another language, and included with the medication.
- Medication is dispensed after each meal and before bedtime. If your child’s routine medication time cannot fit in to this schedule, or any breach of the routine could result in serious health consequences please include this on your medical form.
- Send clear instructions in writing for the administration of medication (s), including the reason for taking it and usual timing. Camp staff cannot accept verbal instructions.
- Send enough medication to last the full Camp Period attending plus an extra day in case of accidental wastage.
- Camp is not the time to ‘trial’ your child off medications or take a ‘medication vacation’. Please do not expect camp staff to manage your child while they are off their normal medications. It is not fair to the child and can negatively affect their camp experience.

Camp Summit stocks many common non-prescription /over the counter medications for ‘as needed’ use in our Health Centre. As such, it is not necessary to pack the following OTC medications noted below (name brands may differ). However, if your child requires the use of an OTC medication on a daily bases (i.e. Reactine for seasonal allergies) please pack these items accordingly.

TYLENOL (acetaminophen)  
ADVIL (ibuprofen)  
Junior versions of TYLENOL and IBUPROFEN  
BENADRYL (diphenhydramine)  
CLARITIN (loratidine)  
REACTINE (cetirizine)

GRAVOL (dimenhydrinate)  
cold/sinus medication (Tylenol or Advil Cold & Sinus)  
Vitamin C  
throat lozenges  
antacids (TUMS)  
laxatives (Restorolax)

## ALLERGIES + EPI-PEN POLICY

Camper allergies (food, environmental, or otherwise) must be indicated on their 'Medical Form.' Please ensure you update the office if there are any changes to your child's health prior to arrival at camp.

**Campers with anaphylactic allergies must bring two appropriately-dosed EpiPens/Allerject auto-injectors with them to camp (one stored in HC and one on the camper at all times)** Please check the expiry date on your EpiPen/Allerject prior to arriving at Camp as these must have valid usage dates. The Camp Summit site is equipped with Emergency EpiPens at various locations as back up devices that all staff are trained to use.

## CHECKING YOUR CAMPERS HEALTH BEFORE CAMP

Campers should not come to camp with known communicable diseases or health nuisances (such as chicken pox, lice, viral infections, rashes, fevers, flu symptoms, etc.). Please contact our office if your child has been exposed to anything communicable **within 3 weeks** of the start of their camp session. Together we will determine whether it is best for your camper to stay home for an extra day or so before arriving at camp. We thank you in advance for your cooperation in keeping camp a healthy and safe environment for all children and staff.

## BRACES AT CAMP

It is a good idea for campers to visit the dentist before Camp, especially if they have braces or retainers to ensure orthodontic work is in good shape. In the case of emergency dental work, most dentists in Squamish will only do temporary work to make the camper comfortable, and require payment up-front, which is charged to your account.

## LICE

Please note that Camp Summit maintains a strict "No Lice/No Nits" policy. During the first day health screening, all campers will have their hair checked for head lice and any camper with evidence of lice or nits will be excused from camp to return home for treatment. They can then return to camp 24 hours after treatment and will be re-checked upon their return. Please set aside a time to thoroughly check your child's head for lice prior to leaving for camp. We recommend doing lice checks of your child's hair a few days to a week prior to their camp starting date. This will give your family sufficient time for treatment, if needed.

This website has great instructional videos demonstrating how to conduct a thorough head lice check:

<http://www.happyheadsproducts.com/tutorial2.php>

For further information about head lice and safe treatments for children, please ask your family doctor, or visit these sites for up-to-date information:

- HealthLink BC: <http://www.healthlinkbc.ca/healthfiles/hfile06.stm>
- Canadian Paediatric Society: [http://www.caringforkids.cps.ca/handouts/head\\_lice](http://www.caringforkids.cps.ca/handouts/head_lice)

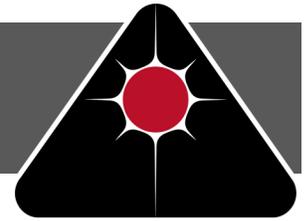
## MANAGING MENSTRUATION

Ensure that campers know about/understand menstruation and have appropriate feminine hygiene products packed for the duration of their time at camp. It is not unheard of for the onset of menses to begin at Camp which in our experience can be managed confidentially between the camper and our health attendant. Emergency feminine hygiene products are available through our Health Centre.

## SUN SAFETY

Our staff are vigilant with encouraging campers to be sun safe at camp. Campers are encouraged to wear a hat, loose fitting and light coloured clothing, as well as sunscreen (to be reapplied throughout the day). For the health and safety of your campers, we ask that you please discuss with them the importance of remembering sunscreen and wearing their hat and appropriate clothing while they are at camp.

# GETTING TO CAMP



## ARRIVING / DEPARTING BY CAR

We kindly ask that families **arrive no earlier** than the stated arrival/departure time as noted on the provided chart. Camp staff will be busy preparing for your child's arrival / departure and needs adequate time prior to your arrival at Camp.

We encourage families to follow the [driving instructions found on our website](#) rather than using GPS coordinates as this often takes you in the wrong direction. Anticipate that you will lose cell coverage while on the Squamish Valley Road as there is currently no cell range in the valley.

The physical address of Camp Summit is:  
**14051 Upper Squamish Valley Road (Mile 18)**  
**Squamish, British Columbia**

Once you arrive at Camp, please be sure to check in with a member of our staff team. Any changes to transportation plans must be communicated with our office at least 72 hours in advance. If you foresee yourself arriving late, please contact our office (604-898-3700).

### ARRIVAL BY CAR

Please plan to arrive between

**10-11 AM**

### DEPARTURE BY CAR

Please plan to arrive between

**9-10 AM**

**Please communicate with our office if there are changes to the transportation arrangements for your camper. This includes if someone other than a parent or guardian is picking up your child from camp or the bus.**

## ARRIVING / DEPARTING BY BUS

Camp Summit is pleased to offer limited transportation for campers from three convenient locations in the Vancouver area. All bus transportation is coordinated and operated by Camp Summit, with a transportation charge of \$35 each way (per camper). **Bus transportation will not operate during Base Camp.**

Due to limited passenger space, travel by bus will only be accommodated for those who have made arrangements with our office in advance of your camp session. Similarly, because of space restrictions we will be unable to accommodate the transport of oversized luggage/equipment such as bicycles. Any changes to transportation plans must be made with at least 72 hours in advance.

	ON THE <u>FIRST DAY OF CAMP</u> The bus will <u>depart</u> each bus stop for Camp Summit at the times noted below.	ON THE <u>LAST DAY OF CAMP</u> The bus will <u>arrive</u> at each bus stop at the times noted below.
<b>VANCOUVER DOWNTOWN</b> Pacific Central Station 1150 Station Street, Vancouver, V6A 4C7 *Please meet the bus at the corner of National Avenue and Station Street	<b>9:00 AM</b>	<b>11:00 AM</b>
<b>WEST VANCOUVER</b> Hollyburn Elementary School 1329 Duchess Avenue, West Vancouver, V7T 1H5	<b>9:30 AM</b>	<b>10:30 AM</b>
<b>HORSESHOE BAY</b> BC Ferry Terminal 6750 Keith Rd, West Vancouver, V7W 2V1 *Please meet the bus at the front of the ferry terminal	<b>10:00 AM</b>	<b>10:00 AM</b>

PLEASE ARRIVE 20 MINUTES IN ADVANCE TO MEET THE BUS.

THE CAMP BUS WILL LEAVE PROMPTLY AT THE DESIGNATE TIME - WE ARE UNABLE TO WAIT FOR FAMILIES WHO ARE LATE.

## ARRIVING / DEPARTING BY VANCOUVER INTERNATIONAL AIRPORT

Camp Summit is pleased to offer transportation for your camper to/ from the YVR Vancouver Airport should they be flying in for camp. All bus transportation is coordinated and operated by Camp Summit, with a transportation charge of \$55 each way (per camper).

If your camper is arriving or departing through Vancouver International Airport, it is important that you send the complete travel itinerary including flight number to our office as soon as possible. Our staff will be meeting campers arriving at YVR at their designated arrival gate and baggage carousel. Similarly, for those departing by plane, Summit staff will assist campers with check-in and departure to their designated gate.

ON THE <u>FIRST DAY</u> OF CAMP	ON THE <u>LAST DAY</u> OF CAMP
Please make flight arrangements to <u>arrive between</u>	Please make flight arrangements to <u>depart between</u>
<b>6:00 - 9:00 AM</b> PACIFIC STANDARD TIME	<b>12:00 - 3:00 PM</b> PACIFIC STANDARD TIME
ARRIVALS THAT FALL OUTSIDE OF THESE TIMES WILL INCUR ADDITIONAL TRANSPORTATION FEES BETWEEN \$100 - \$200 PER TRIP	

## UNACCOMPANIED MINORS

Please check with the airline you are using for their policy on unaccompanied minors. For most airlines, there is a fee for a child under 13 years old to travel alone, and it requires arriving earlier at the airport. Please pay all unaccompanied minor fees in advance or ensure that your child has money for the return trip to cover costs. If your child is flying as an unaccompanied minor, you must let us know so that we can make the appropriate staff arrangements for meeting your child at the airport.

**Our Office Manager/Associate Director, Rianne Barette is the best contact to share with your airline.**

**You are welcome to share the following contact details:**

**Name: Rianne Barette**

**Title: Associate Director**

**Email: [rienne@campsummit.ca](mailto:rienne@campsummit.ca)**

**Phone: 604-898-3700**

**Address: 14051 Upper Squamish Valley Road, Squamish BC, V8B 0A1**

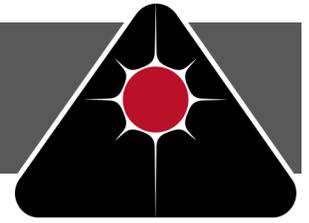
## ADDITIONAL INFORMATION FOR CAMPERS TRAVELLING BY AIR

Campers travelling by airplane to attend camp must have a passport/ identification, appropriate documentation (such as citizenship or birth certificate) and a letter of permission from a parent stating that they have permission to attend Camp Summit, the dates, flight information, and that they will be met by a Camp Summit staff member.

Travel documentation and other items such as electronics or wallets will be secured in the office during their time at Camp. Campers travelling by airplane to attend camp so not need to pack bulky items such as sleeping bags or pillows and are welcome to borrow these items from camp for the duration of their time here.

Upon departure, families are required to submit the appropriate items to 'check in' their camper to their flight. Please send any necessary travel documents such as a boarding pass to [rienne@campsummit.ca](mailto:rienne@campsummit.ca)

# DURING CAMP



## FIRST TIME CAMPERS

For all first time campers, we are pleased to provide a 48 check-in phone call to let you know how your child is acclimatizing to life at Camp. You will receive this phone call sometime after their first 48 hours at Camp. If we are unable to reach someone directly, a message will be left. (Feel free to be back in touch with us if you'd like more details). Due to the volume of our campers at Camp, we are only able to offer this service for first time campers.

## THE SUMMIT OFFICE CONTACTING YOU

The Camp Summit Office may contact you while your camper is at camp for a number of potential reasons (don't be alarmed, as it is often just an administrative question.) However, other reasons for contact may include:

- Continued struggles adjusting to Camp life
- Ongoing behavioral issues
- To obtain further details from you to help your camper with any struggles – we are often in touch to seek some tips and tricks from parents/guardians to best serve their campers while at Camp if they are facing some level of struggle or adversity.
- If your camper has to make a trip to the Hospital or Medical Clinic. We try to contact you - first at your home or main number, then at work, then at any other numbers you have given (cell phone, cottage, etc.). If we can't reach you, we call the person you listed as the emergency contact.

## CONTACTING THE CAMP OFFICE

The Camp Summit office is available by phone 604-898-3700 or email ([rienne@campsummit.ca](mailto:rienne@campsummit.ca)). We do our best to answer all calls; however, based on the Camp schedule we cannot guarantee someone will be in the office at all times. If your call is not answered, please leave a detailed message and we will return your call as quickly as possible.

## CONTACTING YOUR CAMPER

Phone calls during summer camp can undermine a camper's independence by breaking the continuity required for that independence. While at camp, your child will be engaged in outdoor activities and will be quite busy with their camp adventures. **With this in mind, we ask that parents do not call Camp Summit expecting to talk to their child. We also ask that you do not tell your child that they can call home or encourage your child to call home while they are at camp.** It is our experience that phone contact between parents and children can make the feeling of missing home worse and can take away from their camp experience.

It is our policy to contact families if there are any concerns or emergencies. In the case of a family emergency, we will make arrangements to pull your child from their session for a scheduled phone call.

## COMMUNICATION DEVICES AT CAMP

First and foremost, we view time at Camp as the ideal opportunity for children to disconnect from technology, especially the internet and social media (and the pressures and expectations that come along with that).

Due to our site's location in the Squamish Valley cell phones do not pick up cellular reception.

Thus, cell phones that campers may mistakenly bring with them to camp will be collected for their safety and security. Cell phones will be stored in the Camp Summit Office for the duration of their stay at camp. Campers will have their cell phones returned to them on departure days only.

## SENDING YOUR CAMPER AN E-MAIL

A great way to send your camper a message or check in is by sending them an email! Our office prints off and delivers camper emails each day. Emails are typically delivered in the afternoon right to their bunk!

**Emails to campers can be sent to [campers@campsummit.ca](mailto:campers@campsummit.ca)**  
**Please put your campers FULL NAME in the subject line**

Things to remember when sending your camper an e-mail:

- We ask that email correspondence is limited to one e-mail per camper, per day
- If you have more than one child at camp, please send an individual email to each camper separately as 'group emails' intended for more than one child may not make it to all of them.
- Regrettably, we cannot print e-cards or digital photos so please limit emails to text only.
- Do not send inappropriate content. We do not read emails, but they are not private when printed and will not pass along anything obviously inappropriate.
- In the case that any information has changed (updated transportation information, update to emergency contact, who is picking you up from camp etc...) please contact the Camp Office directly versus sending this information to your campers as this information is rarely passed along.

## SENDING YOUR CAMPER LETTER MAIL

Campers love to receive letter mail from home while they are here at camp!

Please address letters to:

**Your Child's Name**  
**c/o Camp Summit**  
**PO Box 48**  
**Squamish, British Columbia**  
**V8B 0A1**

If you wish to send a letter by regular post, you may want to write this letter before your child leaves for camp to ensure that it reaches them while they are here. If you wish for your child to write letters home, please ensure that they have a letter writing kit and stamps with them. The Summit Office team is happy to post any letters that they write.



## CARE PACKAGES / PARCELS

We discourage parents/relatives/friends to send care packages to camp for their campers.

The arrival of packages can create competitiveness and can lead to expectation and disappointment within a cabin group no matter how well intentioned they may be. Due to our location, accepting packages on behalf of your camper can also be quite difficult as many courier companies will not travel to camp for delivery or hold packages in town.

Campers may receive non-food parcels for birthdays - we encourage families to drop birthday parcels off at our office at the start of Camp to be held and later delivered on your campers special day.

## FAMILY VISITS DURING CAMP

(OTHER THAN DROP OFF AND PICK UP DAYS)

There are no established visiting days at Camp Summit while a camp session is in progress. Experience has taught us that visits during camp can be counter-productive for campers, can increase homesickness, and are generally disruptive to the camp experience. We ask that parents and families are respectful of the experience of independence that camp is trying to provide for your children and others.

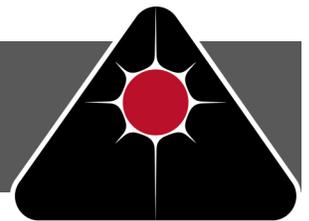
## CAMP PHOTOS

Throughout the summer we will upload photos from around camp to our Camp Summit Flickr page. Photos are uploaded to a session specific album typically every 48 hours while a camp session is underway.

At the start of the session, our office will email you a link to the photo album for your campers registered session to access the photos.

*Please keep in mind that we do our best to take photos of all of our campers, however, with so many children and activities happening each day it is impossible for us to capture every moment from around camp.* Similarly, our internet connection is limited due to our remote location which can make it extremely difficult to upload large quantities of photos at a time. We thank you for your understanding with this.

# AFTER CAMP



We strive to make the experience at Camp Summit better and better, and we are always grateful for your feedback. Please reach out to our office to discuss any concerns that may arise once your child has returned home from Camp.

## RETURNING HOME FROM CAMP

Just as it takes time for campers to adjust to camp, so too will it take time for campers to readjust upon their return home. The last full day of camp is a long and exciting day with final banquet and ceremonies, camp awards, the slideshow, and other celebrations. Your child will most likely be tired and full of many emotions. It is common for younger campers to be over-excited while older campers may be more melancholy over the separation from camp friends and counselors.

## LOST & FOUND

There are two laws of camp Lost and Found: **First – more is lost than found. Second – if it can get lost, it will.**

Throughout the camp session, we endeavor to return lost and found items to campers. We ask that families help facilitate this process by labeling all camper items clearly with their name. **On the final day of camp, please be sure to check the Lost & Found before you leave - all items will be spread out near the Lodge.**

Despite our efforts, there are always items that are left behind after a camp session. We will attempt to return any labeled clothing or items that we find – shipping costs will be billed to families. Please contact Rianne ([rienne@campsummit.ca](mailto:rienne@campsummit.ca)) with a description of any items that are missing once you unpack your bags. Please note, any unclaimed items will be donated to a local charity by October 1.

## REGISTRATION INFORMATION FOR NEXT SUMMER

Registration for returning families typically opens in mid-October. Look for more registration information to be sent by email in the early fall.