

Canterbury Hills Camp

2019 Overnight Camp Registration Package

Overnight Camp Dates:

Overnight 1 (July 8th –12th): 4 nights, drop off Monday at 6:30pm, pick up Friday 6:30pm
 Overnight 2 (July 14th–20th): 6 nights, drop off Sunday at 6:30pm, pick up Saturday at 10:30am
 Overnight 3 (July 21st–26th): 5 nights, drop off Sunday at 6:30pm, pick up Friday 6:30pm
 Overnight 4 (July 28th–August 2nd), 5 nights, drop off Sunday at 6:30pm, pick up Friday 6:30pm
 Overnight 5 (August 5th–9th): 4 nights, drop off Monday at 6:30pm, pick up Friday 6:30pm
 Overnight 6 (August 11th–16th): 5 nights, drop off Sunday at 6:30pm, pick up Friday 6:30pm
 Overnight 7 (August 18th–23rd): 5 nights, drop off Sunday at 6:30pm, pick up Friday 6:30pm

This package contains information about preparing for Overnight Camp. Please remember to fill out all Medical Forms and Camper Profiles using the CampBrain online portal.

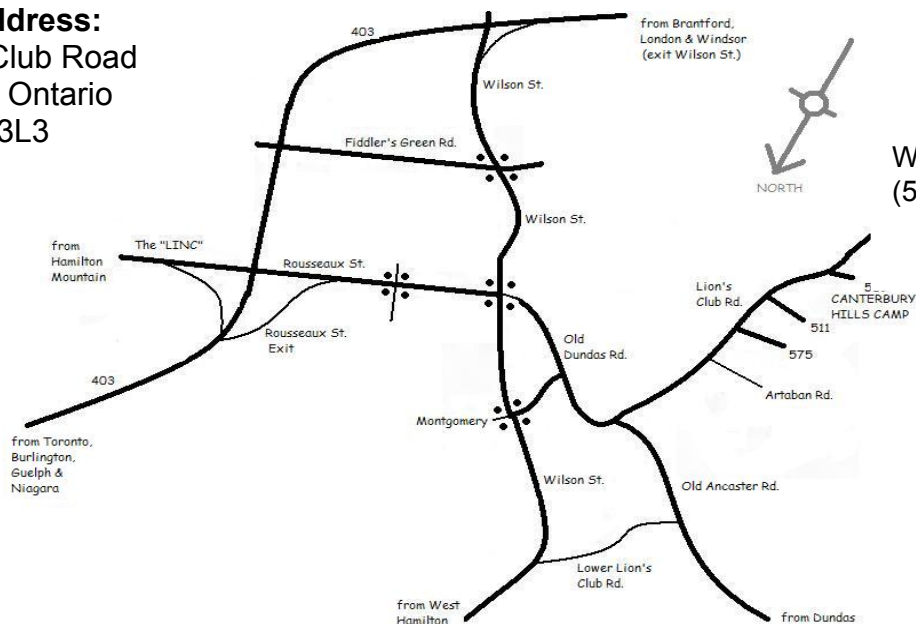
The Camp Registrar may contact you in order to ensure these forms are received. Please keep all other documents for your own records and information. If you have any questions, please contact the year-round office at **905-648-2712 ext. 3**. The register is not in the office daily, so please leave a message if your call is not answered directly.

PAYMENT DUE: Cheques should be made out to “**Canterbury Hills Camp**” dated no later than **June 1, 2019** for the balance of camp fees owing (if this has not already been done). Applications to the **Camp Bursary Fund** must be complete by **May 1, 2019**.

Please send all payment to:
 Canterbury Hills Camp
 252 James Street North
 Hamilton, Ontario
 L8R 2L3

The **Camp Store** for camp clothing and souvenirs will be open at arrival and departure. Only cash is accepted at that time.

Road Address:
 509 Lions Club Road
 Ancaster, Ontario
 L9G 3L3



We are here!
 (509 Lions Club Road)

WELCOME TO OVERNIGHT CAMP!

If you have any questions please contact Canterbury Hills Camp prior to your arrival.

Year Round Office: (905) 648-2712

-Forever Memories are Made Here-



BEFORE CAMP

- Express confidence in your camper's ability to have a successful independent experience without a visit or phone call to/from parents
- Help your camper picture their cabin by explaining that there is a full bathroom and shower, two camper rooms with 2 bunk beds in each, plus a separate staff room
- Talk positively with your camper about what they will discover and enjoy
- Listen to any concerns and help your camper develop ideas and plans for success
- Help your camper be ready to offer ideas about activities they are interested in when cabin groups create schedules on the first night

Clearly label all personal belonging. Labelling items makes it easier to locate your camper's belongings. Canterbury Hills will not be held responsible for lost or damaged personal belongings.

OVERNIGHT CAMP PACKING LIST

Clothes:

- Bathing suit & towel
- Hat
- Long pants
- Long sleeve shirts
- Pajamas
- Rain gear/ rubber boots
- Long socks to wear with rubber boots (to prevent boot rash)
- Running shoes/closed toed
- Shorts
- Socks
- Sweaters/Hoodies
- T-shirts
- Undergarments
- Light jacket

Other Items:

- Backpack for short trips
- Flashlight
- Insect repellent
- Laundry bag
- Pillow
- Sleeping bag
- Sunscreen
- Toiletries: deodorant, hairbrush, shampoo & conditioner, soap, toothbrush, and toothpaste
- Towel & face cloth
- Water bottle
- NUT-FREE Snacks
- A fan can be brought to camp as cabins are not air conditioned

PLEASE LABEL ALL ITEMS WITH YOUR CAMPER'S FIRST AND LAST NAME!

Optional items to bring:

Board games, books, camera, cards, ear & nose plugs, fan, feminine hygiene products, goggles, hair ties, hiking boots, music and/or musical instrument, sandals, stuffed animal, and sunglasses.

What NOT to bring:

Bicycles, electronic devices **, electronic games, food that may contain nuts, incense/ candles, money or other valuables, pocketknives, roller blades, skateboards, stereos
**Because camp is an opportunity to have a break from electronic devices and expand connections to nature and people, electronic games, tablets and laptops are not permitted. We will be checking for electronic devices at registration. An exception is made during the cabin siesta time after lunch when campers are allowed to listen to music with headphones attached to a small electronic device
(iPod, MP3 player ONLY)

There will be a lice check on the first day of camp, thus any braids or up-dos will need to be taken apart. Please prepare your campers.

ARRIVAL AT CAMP

Registration is 6:30 – 7:00pm on the first night of the camp session.

Parents/Guardians must remain with their camper throughout the registration process. During registration you will find out where your camper will be staying at camp.

Health & Wellness: Drop off all medications & discuss your camper's health needs. Medications include all prescription, "over-the-counter," vitamins, ointments & drops. Ensure enough medication for the entire camp session, as needed. All medications **MUST** be in the original bottle with the original label. At camp, all medications will be locked to ensure the safety of all of our campers and staff.

Food: Canterbury Hills Camp attempts to provide a "Nut-Free" environment for our campers. If you choose to send snack items with your camper please ensure that the ingredients are clearly labeled & there are no "traces of nut products." This year all snacks brought to camp must be presented to staff during the registration process, as all items must be checked for nuts. Foods without labels (homemade foods) and bulk food style snacks will be sent home with parents, as we are unable to except them.

Head Lice Check: In order to ensure a healthy camp environment for all, it is necessary to check all campers for head lice upon arrival to camp. If your camper is found to have head lice or nits, you will be advised to return to camp with your camper after a thorough treatment at home. The camper will be admitted to camp after it has been determined that the camper is free of lice and nits.

Moving into the Cabin: Cabin room assignments are first come, first served. Please help your camper settle into their cabin. Encourage your camper to join the cabin unit by playing games with other campers. Share with staff any information that might be useful to them (i.e. special bedtime routines).

Parent departure: We recommend short goodbyes since it has been our experience that long goodbyes are more difficult for all. A shorter goodbye allows the Cabin Unit to begin their activities together and your camper will begin to adjust to their new surroundings.

WHILE AT CAMP

Visitors: We strongly discourage parents/guardians from visiting campers during the session or from having campers telephone home. Surprise visits may be well intended, but can often have negative results. It is important that campers remain at camp & involved in the program for the entire session. Withdrawing a camper for any activity also may have a disruptive effect on the cabin unit.

Letters: There are two options to send mail to your camper. The first is to pre-write letters dating them for each day of the week, and hand these in at the "Registration Table". Our Resource Team will ensure that your camper received their mail. There is also a camper email program that enables you to send 5 emails to camp, which will be hand delivered to your camper for \$5. If you would like to participate in their program please visit the "Registration Table".

DEPARTURES

Departure pick-up is 6:30-7:00pm on the last night of the camp session.

Parents/Guardians must sign-out the camper with the Cabin Leaders, pick up any medications, and collect any "Lost & Found" items.

REFUND POLICIES: Refund Requests must be received in writing to the Camp Director of Canterbury Hills at least one month prior to the start of your camp session in order for a refund to be issued less the non refundable registration deposit. Refunds, less the non-refundable registration deposit, will be issued for medical reasons with a written medical note from a doctor. Refunds are not granted if the parent and/or guardian withdraws the camper from a session early, or if the camper is sent home for misconduct or head lice. In the event of a withdrawal less than one month prior to the camp session, refunds will be issued less the non-refundable registration deposit only if the Camp Registrar is able to fill the camper's spot.