



OUTPOST / WILDERNESS FAMILY INFORMATION PACKAGE

CONTENTS

CONTACTING YOUR CAMPER	2
COME AND MEET US	2
CAMP PROGRAMS.....	2
OUTTRIPS.....	3
WHAT TO BRING.....	3
CAMPER WELLNESS.....	8
MISCELLANEOUS	10

DEAR CAMP THUNDERBIRD FAMILY,

Welcome to Camp Thunderbird! Summer will be here before we know it and soon it will be time to start preparing for camp! We hope that this package will help you, and we encourage you to read it through carefully.

Information in this package is updated every year, and all of the information is vital for your camper(s) to have a successful experience. Please read carefully even if you have been to camp before!

Life at camp is different from the routines and patterns of home, taking the time to talk with your child(ren) about their upcoming experience is an important step in preparing. Setting a positive tone and clarifying expectations can really help your child make the adjustment. Doing this will ensure your child makes the most of the opportunity to grow and make new friends.

If you or your child have any questions about their upcoming experience, we encourage you to give us a call at 418-1840, or come out and meet us at our Open House.

We look forward to having your child join us at Thunderbird this summer. Thank you for entrusting us with your child's care. See you at Camp!

Luke Ferris
Camp Manager
Charitable Registration No. 10822 5566 RP0001

CONTACTING YOUR CAMPER

E-mail

Emails are downloaded from the server, printed and handed out to campers at meals. Please consider the following guidelines to help us keep this service manageable:

- include camper's first and last name and their cabin (ask on drop-off day) and program name in the subject of the e-mail
- please refrain from sending emails while your camper is away on outtrip (ask on drop-off day)
- please don't send more than one e-mail per camper per day

tbirdcampers@victoriay.com

Regular Mail

Thunderbird's Mailing Address:

Camper Name and section (explorer, pioneer, etc)

c/o Camp Thunderbird

5040 Glinz Lake Rd

Sooke, BC V9Z 0E3

Sending a letter before your child arrives at camp ensures that they receive a letter during their stay. A letter from home can be a wonderful treat if it is positive and light-hearted. If you get an unhappy letter from your child, don't panic. In all likelihood whatever made them unhappy when they wrote the letter is long since forgotten, or has been addressed by your camper's counsellor or another camp staff. If you have a concern, please call.

TELEPHONE

No phone is available for campers to regularly make or receive calls while at camp. If you would like to speak with the Manager (extension 225) or Summer Camp Coordinator (extension 100) for any reason, please feel free to phone the camp. 250-642-3136

COME AND MEET US

Our staff have a vested interest in helping prepare your child for camp. Well-prepared young people tend to prosper in any camp environment. Our information sessions and open house provide excellent opportunities for campers and parents to meet our staff and discuss programs, care and values inherent in each Thunderbird program. We are sure that both new and returning camp families will find these events informative and enjoyable. The Open House will offer tours of camp and a chance to try many of the activities. Please plan to attend!

Open House

May 30th, 2010 10am-4pm

CAMP PROGRAMS

Campers will be offered individual instruction in skills areas, take part in cabin group activities, and participate in special games and theme days involving the entire camp. Most activities at camp are done in a cabin group. Y camps across North America have found that activities focused around a small group of peers encourages the development of close friendships as campers play and meet challenges together. We do our best to foster an atmosphere of cooperation rather than competition. If we run an activity containing some element of competition, we focus on challenging campers to achieve

their own goals, rather than encouraging them to measure their accomplishments against the achievement of others.

On the first day of camp the group will sit down with their counsellors and discuss which activities they would like to try during the session. The counsellors then modify their program, ensuring it is safe, active, age appropriate and skill appropriate. There are times when it is impossible to fulfill all of the individual camper objectives in a group. Counsellors will do their best.

OUTTRIPS

Outtrips are an integral part of a Thunderbird experience. Outpost campers spend 4 days on trip. Wilderness campers spend 7 days on trip. There are many benefits and risks associated with Camp Thunderbird Outtrips. Campers and their parents should be aware of the remote nature and potential dangers involved. If you are not familiar with the area, equipment and length associated with your trip, please ask questions and become informed. Campers will help in the packing and planning process. They will then leave on their trip carrying all that they need with them. All groups have a preparation day before their trip. This day is spent learning and practicing some of the basic skills and emergency skills specific to their type of trip.

TRIP DESCRIPTIONS

Outpost Sea Kayak

Central Gulf Islands: The group paddles between Cedar and Chemainus, camping on Tent, Valdes and deCourcy Islands.

Outpost Canoe

Sayward Forest Canoe Route: The group paddles and portages along 50 km of lakes and rivers in the Sayward Forest Canoe Route near Campbell River.

Outpost Backpack

Juan de Fuca Trail: The group hikes along beaches and old growth trails between China and Botanical Beaches on the Juan de Fuca trail near Port Renfrew.

Wilderness Backpack

Strathcona Park: The group hikes in the Mt. Albert Edward region of Strathcona Provincial Park, the oldest and largest provincial park in BC.

Wilderness Sea Kayak

Clayoquot Sound: The group starts and finishes in Tofino while paddling in the Sound for seven days, camping on Meares, Vargas and Flores Islands.

Trip leaders carry VHF Marine Radios, Satellite Phones or Cellular Phones in case emergency communication is required. Radios and portable phones do not always work due to terrain and atmospheric conditions.

PHYSICAL PREPARATION FOR OUT-TRIP

While the trips are not “Ironman” competitions in any way, you will need to have a base level of physical fitness in order to remain safe and get the most from the experience. On your trip you can expect to be active, moving from campsite to campsite, for as much as 6 hours a day. Getting out and getting active now will make your trip all the more enjoyable come summer.

WHAT TO BRING

The following checklist is a good guideline for packing for camp. Please encourage campers to wear old clothes you won't mind coming home dirty or getting lost. We do not recommend that campers bring expensive clothing to camp. Please read the outtrip packing section closely and ensure your camper is prepared.

CHECKLIST

Label everything

We suggest sew-on labels for clothing items, and an indelible marker for other items. Include the camper's full name. Try to ensure that your camper can recognize the items that belong to him/her.

General Packing List

Clothing

- ☞ 12 day supply of underwear
- ☞ 12 day supply of socks (wool socks are best)
- ☞ 4 pairs of shorts
- ☞ 4 pairs of pants (sweatpants are warmer than jeans)
- ☞ 5 to 6 t-shirts
- ☞ 3 long-sleeved t-shirts
- ☞ 1 to 2 warm pullovers (wool or fleece)
- ☞ 1 to 2 sweatshirts
- ☞ warm jacket
- ☞ hat (for those rainy or sunny days)
- ☞ raingear (needs to be waterproof, jacket and pants)
- ☞ toque and mitts (for cool nights on outtrip)
- ☞ pajamas
- ☞ 2 pairs of shoes (1 for daily wear, athletic shoes or sport sandals & 1 sturdy pair of hiking shoes or boots for outtrip)
- ☞ 2 bathing suits
- ☞ sunglasses

Personal Items

- ☞ biodegradable soap and shampoo
- ☞ toiletries, comb, toothbrush, etc.
- ☞ sunscreen (SPF 15 or higher)

Other

- ☞ pillow
- ☞ towel
- ☞ day pack
- ☞ stationery and pens (stamped envelopes)
- ☞ flashlight (extra batteries)
- ☞ breathable laundry bag
- ☞ camera and film (optional)
- ☞ book (optional)
- ☞ slippers for the dining hall

PLEASE DO NOT BRING

- | | |
|------------------------|-----------------|
| Cell Phones | Hatchets |
| Portable music devices | Money |
| Matches | Tobacco |
| Hair Dryers | Food |
| Firearms/Knives | Video games |
| Expensive clothes | Other valuables |

Outtrip Packing List

Being well prepared for your outtrip is critical to your safety and comfort, and important to the enjoyment of your outtrip. If it gets rainy and cold on outtrip and you are unprepared it is less enjoyable and potentially dangerous. Similarly, hot weather can result in a sunburn or heat exhaustion if you aren't adequately hydrated and protected from the weather. The following list has been written in detail to help you ensure your camper is prepared for outtrip. If you have any questions please let us know. Please have your camper try on all of the clothing and backpack before camp to ensure they are comfortable and well sized.

Equipment (outtrip specified)	Quantity	Comments	Link to Sample Item
Rain Jacket (all)	1	A rain jacket is probably the most important piece of personal safety gear on an outtrip. It should be properly sized and stay waterproof after standing in a running shower for 10 minutes. Plastic ponchos aren't a good idea as they get caught on branches and rip easily, nylon ones are okay though. Breathable material is strongly recommended.	Link
Rain Pants (Wilderness backpacking, outpost canoeing)	1	A basic pair of rain pants keeps campers dry while setting up tents or sitting in a canoe.	Link
Socks (all)	1-2 pairs for kayak trips; 3-4 pairs for backpacking and canoeing trips	Wool or polypropylene hiking socks. A set of liner socks paired with outer hiking socks prevents rubbing and blisters. Some 2-in-1 (liners built into sock) hiking socks are made.	Link

Hiking Boots (Backpacking, canoeing)	1	Hiking boots or shoes with good ankle support and sturdy soles. Waterproof is recommended. Wear for a couple weeks before camp to break them in.	Link
Water Shoes/Sandals (kayaking)	1	Water shoes, sandals or just an old pair of runners. These are for wearing in the boat and for carrying boats in and out of the water. No flip flops/thongs.	
Sleeping Bag (all)	1	A warm (rated to 0°C recommended) sleeping bag made of synthetic material. Down sleeping bags don't stay warm when wet and therefore pure down sleeping bags aren't recommended in our damp climate. Hybrid down/synthetic bags are okay. Sleeping bags should compress well into a appropriate sized stuff sack.	Link
Sleeping Pad (all)	1	Inflatable sleeping pad or foam pad.	Link
Backpack (backpacking, canoeing)	1	A sturdy backpack with chest and padded waist straps. Volume should be between 50L and 70L. Pack should be appropriate length.	Link
Water Bottle (all)	1	A sturdy water bottle 1L in volume.	Link
Toque/Warm Hat (all)	1	Wool or fleece, no cotton.	Link

T-Shirt (all)	1	A synthetic or merino wool t-shirt is recommended.	Link
Warm Sweater/Jacket (all)	1	Warm fleece or wool pullover or zip-up jacket. No cotton.	Link
Long Underwear Tops and Bottoms (all)	1	Synthetic or wool long underwear helps you warm if it's cold and rainy.	Top- Link Bottom- Link
Hat/Bandana (all)	1	Any piece of head covering. All of our Outpost and Wilderness trips spend time near water or snow where UV rays being reflected increase the exposure to the sun.	
Sunglasses (all)	1	Sunglasses with UV protection. As sunglasses can often be dropped in water or crushed, don't send an expensive pair.	
Sunscreen (all)	1	SPF 30 or higher.	
Dry Bags (kayaking, canoeing)	1-2	One 10L dry bags, or two if you can fit your sleeping bag into one of them.	Link
Bowl and Spoon (all)	1	Light and not overly bulky, no breakables. No need to bring whole sets such as plates, cups or knives and forks.	
Personal Gear (optional)		If you have a personal PFD or paddle for boating trips feel free to bring them.	

Cotton vs. Synthetic Fabrics

Cotton does not insulate the wearer when it becomes wet and takes a very long time to dry. Try to avoid cotton for the outtrip. Synthetic fabrics such as polyester, polypropylene, nylon, spandex and fleece are better suited to a wilderness outtrip. These fabrics keep the wearer warm even when wet, and they dry very quickly. Wool

takes a long time to dry but insulates relatively well even when wet. Going on outtrip without a proper set of non-cotton clothing can be very uncomfortable and negatively affect the trip if you get wet.

How do I get all this stuff?

Getting everything you need for camp together can be a long process. The outtrip gear list is necessary and important. Everything else is just a guideline. If you feel one bathing suit or one towel is all you need please don't feel like you need to go buy a new one.

When getting outtrip specific gear try borrowing things first. Someone you know might have a backpack they don't use anymore or a sleeping bag they can lend for your time at camp. Try looking on the [Mountain Equipment Co-op gear swap](#), if you start keeping your eye out early you might find a good deal. Some families have found it more affordable to rent certain gear*. For those things you do have to buy, shop around at these local stores:

Listed in alphabetical order:

Ocean River Sports

www.oceanriver.com
1824 Store Street
Victoria, BC V8T 4R4
(250) 381-4233

Capital Iron

www.capitaliron.net
1900 Store Street
Victoria, BC V8T 4R4
(250) 385-9703

Robinsons Outdoor Store

www.robinsonsoutdoors.com
1307 Broad Street
Victoria, BC V8W 2A8
(888) 317-0033

Coast Mountain Sports

www.coastmountain.com
641 Yates Street
Victoria, BC V8W 1L2
(250) 294-7140

***Sports Rent**

www.sportsrentbc.com
3-1950 Government Street
Victoria, BC V8T 4N8
(250) 385-7368

Mountain Equipment Co-op

www.mec.ca
1450 Government Street
Victoria, BC V8W 1Z2
(250) 386-2667

Valhalla Pure Outfitters

http://www.shop.vpo.ca/
109-2401D Millstream Road
Langford, BC
V9B 3R5
(250) 412 2356

CAMPER WELLNESS

CAMPER HEALTH

You have provided all necessary medical information on the registration form. Please feel free to provide us with more information by mail, fax or e-mail if you think it would be beneficial. We will keep it in your campers file and staff will have access to that information.

MEDICATIONS

All medications are stored with the Wellness Coordinator or Section Director unless otherwise arranged. Staff keep a written record of the date and time of medication

distribution. Please make sure that any medications your camper may have are in the original package and are labeled clearly with the camper's name and instructions for use. If you are dropping your child off by car you can choose to meet with the Wellness Coordinator on the first day to discuss the medications necessary for your child. All campers have a "Wellness Check" on the first and last day of camp. This is a great opportunity for your campers to meet with senior staff and the Wellness Coordinator.

We stock basic over-the-counter medications including: ibuprofen, acetaminophen, antihistamines, cough syrup, throat lozenges, and upset stomach relief medications. We encourage families not to send these medications to camp with their campers unless they take them on a regular basis. We will always do our best to make contact with guardians to get permission before administering medications, however if we are unable to make contact we may decide to administer the medication under the advice of our medical staff.

IN CASE OF INJURY OR ILLNESS

If your camper becomes ill and is diagnosed as being either contagious or too ill to remain at camp, we will contact you. Until they are picked up your child will be isolated from other campers in the Wellness Centre and cared for by the Wellness Coordinator or another senior staff member. If your child becomes injured and needs to be seen by a physician, you will be contacted. If contact cannot be made in a timely fashion the Manager or designate will arrange what he/she feels is best in terms of treatment. **If any prescription drugs are necessary as a result of the doctor's consultation, you will be billed for the amount after camp.**

HOMESICKNESS

It is reasonable to assume that until they become adjusted to camp life, your child might go through a period of homesickness. Homesickness is a natural response for children and adults when they come to camp. Camp staff are trained to detect early symptoms of homesickness help children feel comfortable at camp. The first thing the counselors will do is empathize with the camper and share their own experiences with homesickness. Our counsellors are people who enjoy being with kids and will take the time to listen. Our Section Directors, who oversee the counsellors, have many years of camping experience and excellent counseling skills. This support system watches over all of the campers and an attitude of caring is reflected in all of our staff. If your child is homesick, we will take the following steps to ensure a positive experience.

- Your child's counsellor will comfort and work with your child to overcome the negative aspects of homesickness
- If your child continues to show strong signs of homesickness, the Section Director will become involved
- Staff **may** contact the parent(s) to discuss options and strategies for working with your child
- As a last resort, we may ask you to talk to your child to help him or her through the experience.

In most cases these steps will allow your child to overcome their homesickness and enjoy their remaining time at camp.

SUPERVISION AT CAMP

It is our goal to provide a safe, comfortable and supportive environment. Staff are trained in providing high quality care for our campers and ensuring that the needs of each individual are met. Camp Thunderbird provides 24 hour supervision of campers. This means that a cabin group will always have at least one counsellor present to ensure a positive experience. If the cabin group is separated for activities (during interest groups

or other individual choice time) there will also be at least one Thunderbird staff with the campers.

Some activities (orienteering, capture the flag, scavenger hunts, etc) involve groups of campers being out of direct supervision. During these activities there may not be a staff member in direct line of sight with campers, but someone will always be within earshot and campers are given clear directions on what to do if they need assistance. These activities are only run with groups where all campers are able to interact positively together.

CAMP BEHAVIOUR POLICY

Our high level of supervision helps to prevent the occurrence of bullying. If a situation arises where a camper threatens the safety or security of another camper, or if a camper shows disregard for camp guidelines, we will make every effort to encourage appropriate behaviour and contact the parents.

If we are not successful in encouraging appropriate behaviour, the child will be dismissed from camp at the management team's discretion. Camp will not be held responsible for any costs associated with a dismissal on the grounds of disruptive behaviour.

Parents of campers are kept abreast of any concerns and progress. Parents may also be asked to assist in creating a positive environment for all.

MISCELLANEOUS

A TYPICAL DAY AT THUNDERBIRD

7:00 am Wake –up

7:30-8:00 am Flag raising and thought for the day, morning walk around the lake (a great start to the morning) and Polar Bear dip

8:15 am Table setters, two campers from each cabin group set their cabins table in the dining hall

8:30 am Breakfast

9:15 am Cabin clean up-Campers return to their cabin to clean up and prepare for day

10:00 am Morning Activity (usually in cabin groups)

12:15 pm Table setters

12:30 pm Lunch

1:15 pm B.O.B. (Bodies on Bunks) Everyone is given time after lunch to sleep, read or write letters home

2:30 pm First activity (usually in cabin groups)

3:30 pm Second activity (or first continued)

4:30 pm Disco Hour/Swimming—campers get the opportunity to choose an activity

5:15 pm Table setters

5:30 pm Dinner

7:00 pm Evening Program (cabin group or camp wide)

8:15-9:15 pm snack/bedtime prep/check-in/lights out

PREPARING YOUR CHILD FOR CAMP

Camp is an exciting and fun filled place: new friends, new adventures , new skills, stories, songs, campfires and games. It's also a very different place: different bed, different washroom, different food, different schedule and different people.

Along with the excitement of all these new experiences, there is bound to be some anxiety. Here are a few things you might do to keep the anxiety low and anticipation high.

- Read this package, camper and parent together, and talk about preparing
- Talk about what it's like living in a cabin with seven other kids and ways campers go about making new friends
- Talk about ways to solve problems at camp—talking with a counsellor or other camp staff
- Campers can prepare for camp by having a sleep-over and sleeping in sleeping bags at home and at a friends house
- Attend the open house so you can see the camp and meet the staff as a family
- Sign up for Family Camp to get a taste. You'll meet some of the staff, taste the food, test out the bunks and try some of the activities.
- Write and mail a letter before the camper leaves for camp so it will be waiting at camp when he or she gets there
- Focus on the positives like all the new skills they will learn and build confidence in the skills they already have

LAUNDRY

A breathable laundry bag is helpful to keep dirty clothes separate from clean clothes. **Campers do not have the opportunity to wash clothes when they are at camp.**

LOST AND FOUND

Lost and found items are displayed outside the dining hall during the session and at a lost and found table on pick-up days. Lost and found items are kept at camp for 14 days after which they are donated to charity. You can check our lost in found in person at camp or call us with specific item descriptions and we'll look for you.

YOUR PRIVACY

The YMCA-YWCA is committed to maintaining the confidentiality, privacy, and accuracy of personal information it collects, uses and discloses about its participant, members, donors, parents/guardians, staff and volunteers. At the YMCA-YWCA Greater Victoria (the Y) your privacy is and always has been very important to us. We are dedicated to provide you with superior service while protecting your privacy and safeguarding your personal information. For more information please visit our website: www.victoriay.com

CAMP THUNDERBIRD

Victoria Office

YMCA-YWCA of Greater Victoria
851 Broughton Street
Victoria BC V8W 1E5
Summer Camp Program Coordinator (250) 418-1840
Manager (250) 418-1846
E-mail: tbirdmanager@victoriay.com
General: (250) 386-7511 Fax: (250) 380-1933

Camp Office

Camp Thunderbird
5040 Glinz Lake Road
Sooke BC V9Z 0E3
Phone: (250) 642-3136 Fax: (250) 642-3980
www.victoriay.com/campthunderbird