



St. John Bosco Wilderness Camp

People Experiencing People in God's Nature

Senior CONFIRMATION PACKAGE

PREPARING FOR CAMP

FORMS

If the information changes after you have submitted the forms, please contact the camp office to make the changes. The information on all forms is an important first step to a positive experience for your child.

CANCELLATIONS

Cancellations must be received at least 7 days prior to the start of the camp session your child is registered for. Cancellations received on or before the deadline will be given a full refund, less a \$50 processing fee. Memberships and donations are not refundable. No refunds will be issued after the cancellation deadline.

PACKING TIPS

Packing proper clothing and equipment is an important part of your child's camping experience. A well-prepared camper is a happy camper. When packing, make sure your child assists as this will make them more aware of what was packed and will make packing to go home easier. Pack old clothes that your child will remember, not unfamiliar new ones. A suggested clothing and equipment list is attached. The following is a list of hints to make packing easier.

LABELING ITEMS:

Label all items your child brings to camp. This includes their flashlight, toothbrush, shoes, or any item. We recommend iron-on, sew-on labels or laundry markers for clothing and permanent marker for other things. It is easier to identify lost-and-found articles that are clearly labeled with both first and last names. Lost-and-found items will be held for 3 weeks following each session. ***SJBWC is not responsible for items lost, so please do not send valuables.***

RAIN GEAR

This is the most important piece of equipment your camper will bring. Camp programs continue even on rainy days, so your child needs rainwear in which they can be active. Rain suits including both pants and jacket are best. Plastic tends to rip easily and is **not** recommended. Ponchos are also not recommended. ***Wind jackets are not waterproof and are ineffective as rain gear.*** When buying rain gear, look for "coated" nylon with sealed seams. Durability is also important, considering that most children will spend time in situations that cause wear and tear. Rubber boots are not practical for out-tripping programs. 2 pairs of shoes / hiking boots and woolen socks for hiking or canoeing are recommended. The second pair of shoes would be used in the evenings and allow campers to have warm, dry feet for the night. Dry campers mean safe and comfortable campers!

COLD WEATHER

Even during the summer, there are some cold days and nights. It is better to be over-prepared "just in case". A toque and a pair of mitts, long underwear, warm sweaters should definitely be included. An extra blanket should be included if they do not have a cold weather sleeping bag.

TENT LIVING

Campers live in tents, sharing with around five other campers. Each group will have up to 10 campers and two counselors. While on out-trips, the camper's gear, clothing and some of the group's food and/or equipment will be in their backpack. For safety, backpacks are stored outside of the out-tripping tents under a plastic ground sheet. Organization of clothing and equipment is the key to this truly unique experience, so please plan accordingly.

LAUNDRY

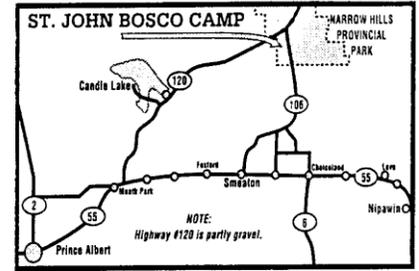
A breathable laundry bag will help your child keep dirty clothes separate from clean clothes. Camp laundry facilities are not available except in emergencies.

*****Note: The following items are stored in main camp and should be packed separately for easy removal upon arriving at camp: pills or other medications that need to be given to the first aid person, dishes, swimsuit and towel. Toiletries including sunscreen, lotions, lip balm, etc., insect repellent, and all food or candy, cough drops and gum are stored in the mess hall. Anything that would attract animals is not allowed in the tents*****

TRANSPORTATION / BUS TO BOSCO

Camp is located approximately 65 km northeast of Smeaton on the Hanson Lake Road (Hwy 106). Approx traveling times are 1 ½ hrs from Prince Albert and 3 hrs from Saskatoon.

We offer a bus service to and from camp with pick-up and drop off locations in Saskatoon and Prince Albert. If you want to send your child on the bus but did not complete the "Bus to Bosco" portion on the registration form, please contact the office ASAP to see if space is still available. The cost is an additional \$180 for a return trip (\$90 for one way) in addition to the camper fees, and the bus ride must be booked and paid for at least **three weeks prior** to the start date of camp. A minimum of 8 campers is required for this service to be available. In the event this service must be cancelled, parents will be notified no later than three weeks prior to camp start date. If bus is cancelled, bus fees will be refunded.



The bus will be leaving Saskatoon and Prince Albert on the first day of each summer session and dropping campers off at SJBWC's administration building for registration. Bus service is limited to 15 campers. It will be driven by adult volunteer (camp Board and staff) with valid class 4 Saskatchewan driver's license.

Bus leaves promptly at times shown. Please have your child at the pick-up point at least **20 minutes** early in order to stow their gear. Campers will arrive at camp around 1 p.m. ****Please send a bag lunch or lunch money with the camper as a lunch / bathroom stop will be made en route.****

To Camp - Pick-up Location

		Time
Saskatoon	Preston Crossing (Burger King parking lot)	09:00 a.m.
Prince Albert	McDonald's (2 nd Avenue W and Marquis Road W)	11:00 a.m.

On closing day, the bus will be leaving camp at approximately 1:00 pm for the ride home. Please make arrangements to meet your child at the drop off locations at the designated times.

From Camp - Drop-off Location

		Time
Prince Albert	McDonald's (2 nd Avenue W and Marquis Road W)	3:00 p.m.
Saskatoon	Preston Crossing (Burger King parking lot)	5:00 p.m.

OPENING DAY

Registration is at the Camp Administration Building between **1:00 p.m. and 3:00 p.m.** on opening day. If you plan to arrive early or late, please call the Camp Manager at (306) 426-2227.

Upon arrival to camp, please following the signs and park in the playing field. Once parked, please register at the Administration Office. Canteen money and medications are handed in at this time. **Food of any kind, including drinks, chips, bars, candy, gum, sunflower seeds, cough drops, etc. are not allowed in the tenting area.** These items should be brought to the office at this time as well.

A canteen account will be opened and credited with the amount of money deposited on the account. As your child purchases items, the amount you spend is subtracted from the total. Any money not spent by the end of camp will be refunded on closing day. All medications, (includes over the counter as well as prescription), will be labeled and given to the First Aid person. Once you are registered, you will be shown to your group and introduced to your Group Leaders.

After meeting your group leaders, go and get your equipment and bring it to your group's assigned meeting area (tree). **Please pack your dishes, toiletries, swim suit and towel so they may be easily removed** before taking your gear to the tenting area. A vehicle will make scheduled runs to take equipment closer to your campsite. As a group, you will go to your area and set up your gear in the tents.

Tours will be available so family and friends can see what camp is all about. Opening ceremonies take place by the flag pole at the Administration Building.

DURING CAMP

MAIL

Please address mail to your camper as:

Camper's Name
c/o St. John Bosco Camp
Box 217
Smeaton, SK S0J 2J0

Self-addressed, stamped envelopes and writing paper for younger campers usually assures at least one letter home. Remember, campers are busy and mail takes at least four days (often longer) to reach camp. Send your letters early to ensure their arrival while camp is in session. Mail will be picked up/ dropped off approximately twice per camp. A letter from home can be a wonderful treat if it is positive and lighthearted. Bad news is best left until the camper arrives home and is within the closeness of family.

PLEASE HELP US! To avoid potential animal problems, no food is allowed in the tents. Please do not send any food (candy, cough drops, gum, sunflower seeds, chips, cookies, crackers, etc.) to your child while at camp.

A TYPICAL DAY AT CAMP (while on out-trip)

7:00	am	Rise & Shine			groups (cooking, cleanup, wood gathering and camp set up). Group Leaders supervise and help groups as required.
7:30	am	Breakfast prepared by campers and staff while the others "pack up" the site			
8:30	am	"Packs on" or "Paddles in"			
12:00	noon	Trail Lunch and rest break	6:00	pm	Supper and dishes
1:00	pm	Continue activities or travel	7:00	pm	Evening activities – fishing, discussion, campfire, cocoa and story telling
5:00	pm	Arrive at overnight site and set up camp. Campers are typically in four	10:30	pm	Lights Out and fire watch begins

PROGRAM ACTIVITIES

Overnight hikes; Canoeing; Naturelore; Orienteering; Wilderness Crafts; Swimming; Drama; Campfires and Sing Songs; Ropes and Challenge Courses; Field Sports and Games; Outdoor Skills; Discovery; Liturgies; Archery and more.

NUTRITION AT CAMP

Our meals are simple, wholesome and nutritious to meet the needs of the high activity level of camp. We do accommodate restricted diets (vegetarians, allergies, diabetics) with **prior** notification specified on the registration form. Please provide detailed information on a separate sheet marked to the attention of the Camp Manager **PRIOR** to the start of camp. If allergies are severe, parents are encouraged to contact the Camp Manager by phone to discuss the details. Foods containing nuts and other common allergens cannot be completely removed from camp. An additional \$5.00 per day may apply for special dietary requirements.

HOMESICKNESS

When children are away from home, it is reasonable to assume that until they become adjusted to the camp situation, they may go through several days of homesickness. Homesickness is very real and is often a natural reaction among youngsters. Understanding parents realize that homesickness is something a child may need to experience and see through to the finish if they are to attain a degree of independence that is necessary to make them self-reliant, responsible individuals. Camp staff is trained to detect symptoms of homesickness and deal with it accordingly.

BEHAVIOURAL GUIDANCE POLICY

Before camp, parents and caregivers should discuss behavioural expectations while at camp. If behavioural problems arise, we follow this procedure: the camper works out a solution with their Group Leader or failing this, with a member of the senior staff. If it is still not resolved, the camper's parent/guardian will be called to ask for guidance; camper is sent home as a last resort.

NOTE: Some behaviour is unacceptable. At the discretion of the Camp Manager, campers will be sent home without warning for the following behaviour: possession of alcohol or non-prescription drugs, smoking, or violence/aggression toward another camper or a staff member.

Fees for a camper sent home for behavioural reasons will not be refunded. Campers will be held responsible for malicious damage.

MENTAL HEALTH AT CAMP

While St. John Bosco Wilderness Camp strives to make all campers feel welcome and comfortable during their time at camp, we are not equipped to deal with serious mental health issues. If problems arise beyond our scope/ability to handle safely, we will contact the parents/guardians of the camper and arrange for them to be picked up so that they can be given more adequate care.

IN-REACH SATELLITE COMMUNICATORS

All senior programs leaving camp are equipped with an inReach Satellite Communicator with GPS Navigation. This technology allows our groups to check in with preset messages to indicate their location and status. If they are needing assistance from main camp they can send a text message and indicate the level of urgency for a response. Most messages are simply an OK to say they have reached their next camp site; however, this technology does provide the groups with the knowledge that if they do require assistance that help will be on the way shortly.

IN CASE OF INJURY OR ILLNESS

First Aid Personnel are on staff at all times. If a trip to a doctor or the hospital is necessary, a staff member will accompany your child and the First Aid staff or Camp Manager will contact you after the results or implications of the visit have been established. In the event of a serious injury or illness, you will be contacted as soon as possible. If your child requires any prescription drugs, other medications or treatment not covered by your medical plan, St John Bosco Camp will pay the hospital or clinic and then bill you later, for the same amount.

TELEPHONES

Telephones are not available for campers to make or receive calls. In cases where parental consultation is required, a senior St John Bosco Camp Staff will accompany the camper and assist in placing a call. On occasion, a staff member may call you to discuss behaviour or special circumstances. ***Emergency calls to campers should be directed to the Camp Manager. ***

EVALUATIONS

We encourage you to talk to your child's Group Leaders on pick up day to see how the camp went. You will be given an evaluation form. Please help us to meet your camping needs by completing and returning the evaluation form.

ST JOHN BOSCO CAMP MERCHANDISE

T-shirts, shorts and other merchandise will be sold at camp on the first and last day of each session.

CLOSING DAY

Parents are responsible for picking up campers on the last day of camp or for making other arrangements to ensure their child has a safe ride home.

Closing ceremonies start at 11:00 a.m. Group songs and skits are performed for parents and guests. Campers will also receive any awards earned over the past ten days. Camp is officially over following the closing ceremonies (approx 12:00 noon).

BBQ

Parents, guests and campers are invited to join the camp staff for lunch following the closing ceremonies. Hamburgers and hot dogs will be on sale at the canteen as a camp fundraiser. Also available are the normal canteen items: drinks, chips, candy bars and ice cream products.

LOST AND FOUND

Please check the lost and found for missing items **before** leaving camp. Also make sure your camper has picked up any medications from the First Aid and their dishes from the mess hall. Articles left behind may be picked up at any time while camp is in session. There is no provision for articles to be mailed to you, so please check for all items before leaving camp. Unclaimed articles are donated to charitable organizations.



St. John Bosco Wilderness Camp

Senior Supply List

EQUIPMENT

- Compact Sleeping Bag - Down, Hollofil, Qualofil, Polarguard and Microloft are all quality insulators. One that comes in a compression sack is ideal.
- Hiking Backpack - 40 to 60 litre pack - internal frames are most comfortable. Padded straps and a hip belt are essential. Pack should be large enough to hold sleeping bag, clothing and personal items for 5 to 7 days as well as some group food and equipment
- Non-Absorbent Sleeping Pad - To insulate against the cold ground. Ensolites or other closed cell foam pads are best. Yoga mats work also.
- Water Bottle - 1 litre Nalgene type plastic bottle or camel pack/water bladder
- Table Utensils - Plate, Bowl, Cup (not breakable) spoon, fork and knife (Please do not send disposable plates or cutlery)
- 4 to 6 Garbage Bags - For water proofing belongings inside backpack. Dry bags are recommended.
- Flashlight / headlamp and extra batteries for flashlight
- Bungee cords or straps - used to attach sleeping bag or equipment to the outside of backpack
- Duffle or other bag - to store extra clothing, etc. that is not taken on the out-trip

CLOTHING (Comfortable, not new)

- 10 day supply of underwear - recommended that women include a sports bra for comfort and support
- 7 pairs of socks - both thin and thicker socks; wool or wool blend for hiking
- 2-3 pairs of pants - a warm pair of sweats/fleece pants for at night, quick drying and comfortable materials for the other pairs. Jeans are not recommended
- 2-3 shorts
- 4 t-shirts
- 2 long sleeved shirts
- 2 warm sweaters or sweatshirts
- Jacket or heavy sweater
- Toque and mitts - for those cooler evenings
- Long underwear - tops and bottoms
- Waterproof rain suit - coated nylon or similar fabrics with sealed seams made of a durable material that does not tear easily
- Hiking boots - lightweight, comfortable and broken in, not steel toe (something with a higher ankle if you need the support)
- 1 pair good running shoes (comfortable and broken in)
- 1 pair sandals/water shoes/crocs/keens (shoes that can get wet, but dry quickly while providing foot protection) No flip flops.
- Pajamas
- Swimsuit
- Sun hat or ball cap (very important)
- Sunglasses

PERSONAL ITEMS

- Pillow - if desired - for main camp use only (or a balled up sweater, or a pillowcase of clothes).
- 2 towels - one for swimming, one for washing up
- Laundry bag - to keep dirty clothes separate from clean
- Day Pack - for carrying camera, rain gear, etc during the day
- Toiletries - sample or travel sizes work well; (soap, toothbrush, toothpaste, bio-degradable shampoo; comb) Pack toiletries and lotions in a zip lock or nylon bag as items will be stored in main camp
- Insect Repellent - lotion or liquid only - no aerosol (Watkins/Muskol lotion are best)
- Sunscreen - SPF 30 or greater
- Lip Balm
- Band-aids
- Mole Skin - a fuzzy tape used for putting on your feet where blisters occur
- Hair Ties
- Feminine Products (pads/tampons/cup, midol or other meds)

PROGRAM SPECIFIC EQUIPMENT

COTS

- Extra garbage bags (8) - additional bags to waterproof gear. Dry bags are recommended or a waterproof pack.

WILDERNESS SKILLS & WOTS

- 2 pair liner socks - synthetic liner sock recommended to wear under heavier socks to prevent blistering

ALE

- Clothing and personal gear - enough for 24 days
- 2 pair liner socks - synthetic liner sock recommended to wear under heavier socks to prevent blistering
- Extra garbage bags - additional bags to waterproof gear. Dry bags are recommended.

OPTIONAL GEAR

- Stationery or self-addressed post cards - writing paper, envelopes and stamps
- Camera - disposable cameras are a great idea
- Life straw
- Bandana/buff
- Cards/book
- Fishing Tackle

Please do not pack: money, food, candy, gum, mp3 players, I-pods electronic games, expensive camera equipment, cell phones, or any other valuables. Camp is not responsible for the loss or damage of items.