



Parent Information Guide

This guide is designed to help you and your child prepare for their upcoming Outdoor Education trip to **YMCA Camp Elphinstone**.

It includes essential information such as a packing list, details about the heat room process, and what to expect regarding food and programming. A handy checklist at the end ensures nothing gets missed!

Territorial Acknowledgement

We acknowledge that the land where YMCA Camp Elphinstone operates is the traditional, unceded territory of the Skwxwú7mesh-ulh Temíw (Squamish) Nation since time immemorial. Further, we recognize that our camp activities extend across the Sunshine Coast, which includes the traditional and unceded territories of several Coast Salish Nations, whose peoples have stewarded and continue to protect and care for the lands, waterways and airways where we are grateful to live, work, play and learn.

The Ideal Bag Sizes

All participants are required to have a bag for clothes/beddings **and** one backpack for personal items.

We recognize that each group's needs are different, so please use your discretion when packing. Please try to keep baggage to a minimum.

 <p>Large/X-Large Suitcases</p>	 Carry-On <i>OR</i>  Medium Sized Duffle Bag	 <p>Backpack</p>
<p>✗</p>	<p>✓</p>	<p>✓</p>
<p>Depending on the trip duration, participants only need a few items. Please avoid bringing large luggage, as it's heavy for the children to carry around and will not be needed for the trip.</p>	<p>Please pack in one of these: a medium sized duffle bag or a carry-on bag. You can attach the beddings to the bag. These bags will be placed in the heat room upon arrival.</p>	<p>Participants also need a backpack for daily use, and they will keep it with them at all times. All items that do not go into the heat room must be packed in the backpack before arrival.</p>

- If selected by your group, the camp will provide luggage service for larger bags only. Backpacks will stay with the participants.
- Please ensure to properly **label** belongings with both participant's name and group name.
- All lost & found items left behind will be kept and held for two weeks, after which they will be donated to those in need. Please reach out to us to check if we found the item.
- Camp is **not responsible** for any damage to personal belongings or bags, or for the loss of any valuables.

Heat Room Process

Why?	What & How?	What to do?
 <p>Due to the widespread issue of bed bugs in the Lower Mainland, all bags and personal belongings arriving at YMCA Camp Elphinstone must pass through a heat-treatment process, which eliminates the concern of bed bugs spreading to our facilities or your home.</p>	 <p>Our specially constructed heat treatment room heats bags to 144° F / 62° C (about the temperature of a clothes dryer) which ensures that any bed bugs and/or eggs that may be contained within participants' belongings are killed prior to moving into accommodations.</p> <p>Although heat treatment is safe for most items, a few items should not pass through the heat treatment room as it may cause damage.</p>	 <p>Upon arrival, participants' cloth bags and bedding items are the only items to be placed in the heat room.</p> <p>Those items need to be ready in advance.</p> <p>Participants won't have access to them until later in the day.</p> <p>Please ensure you follow the packing list below.</p> <p>Ensure that the non heat-room items listed below are in the backpacks.</p>

Non Heat Room Items

<p>The following items can not enter the heat room. ❌ Please ensure they are packed in their backpacks before arrival. Participants will not have time to separate any items upon arrival.</p>			
 <p>Toiletries</p>	 <p>Cosmetics</p>	 <p>Medications</p>	 <p>Electronics</p>
 <p>Sunscreen</p>	 <p>Aerosols</p>	 <p>Food & Snacks</p>	 <p>Water Bottles</p>

Make sure to review the activity schedule ahead of time so participants are ready for their first activity.

Arrive already dressed in the correct clothing and footwear.

There will be no time to change before it begins.

Any clothing needed for the first activity must be packed in the **backpack**.

Participants will not have access to their luggage until later in the day.



What To Pack

We left a column for you to check ✓

Essentials items needed for the trip.			
	 <p>Sleeping Bag & Pillow (or a set of bedding)</p>		 <p>Flashlight or Headlamp</p>
	 <p>Toiletries (toothbrush, toothpaste, face cloth, soap, deodorant and shampoo)</p>		 <p>Reusable Water Bottle (All taps on site are drinkable)</p>
	 <p>Towels</p>		 <p>Sunscreen & Insect Repellent</p>
	 <p>Laundry Bag (For dirty laundry)</p>		 <p>Camera & Watch</p>

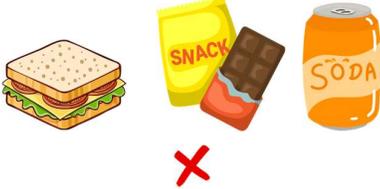
Clothes: Pack clothes that kids can be active in. Avoid cotton, if possible; synthetic materials and wool are best for outdoor activities. Always check the weather forecast before packing for camp.

	 <p>Pants</p>		 <p>Rain Gear & Rubber boots (an inexpensive poncho works great!)</p>
	 <p>Shorts</p>		 <p>Swimming suit & Towel</p>
	 <p>T-shirts or long-sleeve shirts</p>		 <p>Pyjamas</p>
	 <p>Sweater or Warm jacket</p>		 <p>Underwear & Socks</p>
	 <p>Toque & Sun hat</p>		 <p>Closed-toed shoes & Sandals or Water shoes</p>

We recognize that not all families may have or can purchase every item on the recommended list. Please do not feel stressed about having all listed items. The most important priority is ensuring your child has the essential items needed for camp. You may wish to consider borrowing items from friends or neighbours where possible. We also encourage you to reach out to your school if you have any questions or require support.

What To Not Pack

Camp Elphinstone will not be held responsible for lost or damaged items. Items listed will be removed for animal/human safety and security reasons.

 <p>Pocket Tools, Knives, Matches/Lighters or Candles</p>	 <p>Money or other Valuables</p>
 <p>Food or Drinks (All brought food must be disposed or eaten upon arrival due to the potential attraction of wildlife) Camp is a nut-free site.</p>	 <p>Any Electronics (Tablets / iPads, cell phones, gaming devices, personal speakers, etc.) Camp is an “Unplugged” environment.</p>

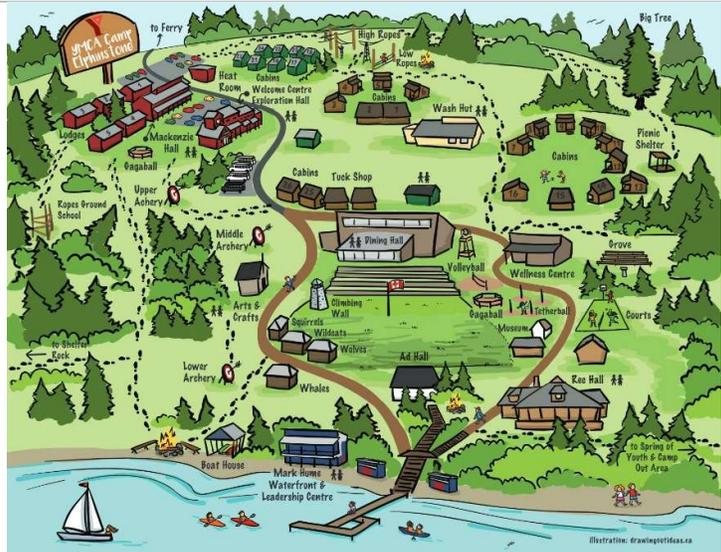
Food Service & Dietary Needs

<p>At camp, there is no need to worry about your child going hungry! All meals are served family style with plenty of food for everyone. Participants help with meal setup and clean up as part of the camp experience.</p>	
<p>Dietary needs and restrictions are collected before arrival and shared with our kitchen team, who will make every reasonable effort to accommodate them. If you have any questions, please contact your school’s main contact.</p>	
<p>For safety reasons, no outside food or snacks are allowed at camp, as they can attract wildlife. Any outside food brought to camp will be discarded.</p>	

Camp Programs

We work closely with each school and trip organizer to offer programs that best support their learning goals. Please reach out to your trip organizer to check the program schedule.

All participants must have a Risk Acknowledgement form completed and signed by a parent or guardian. Please contact your school's main contact if you have not received this form.



Most activities take place outdoors and run rain or shine. All programs are led by trained YMCA staff to ensure a safe and well-supported experience for every participant. Students are encouraged to try new activities at their own comfort level through our “Challenge by Choice” approach.

Accessibility

We are committed to making our outdoor education program as accessible and inclusive as possible. We strive to support all participants so everyone can take part in a meaningful camp experience. We offer on-trail equipment and guided programs to support wheelchair access where possible.

If your child has any accessibility needs, please contact us and the trip organizer so we can plan the appropriate supports.



Accommodations & Overnight Supervision

All our accommodations are communal, with participants sharing rooms together. Communal washrooms and showers are located nearby or within the accommodations. Your school will choose the type of accommodation, and sleeping arrangements are managed entirely by the school. Teachers and chaperones accompanying the students are responsible for overnight supervision.



Schools

Your school is a partner with us in organizing this trip and shares responsibility for ensuring a smooth experience from arrival to departure.

We work closely with the trip organizer to gather all required details, build the program schedule, and make sure the needs and safety of all participants are met. The school plays a big role in behaviour expectations, overnight supervision and providing first aid.

For any questions, we strongly encourage you to contact your school's main contact first, as they will have the full details about the trip and any additional expectations.



To-Do List:

- | | |
|---|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Choose the right bag & backpack<input type="checkbox"/> Pack the non-heat room items in the backpack<input type="checkbox"/> Pack the essentials items & clothes (avoid overpacking)<input type="checkbox"/> Submit any dietary info to the trip organiser<input type="checkbox"/> Fill out the Risk Acknowledgment Form | <ul style="list-style-type: none"><input type="checkbox"/> Check the weather for the trip<input type="checkbox"/> Check the program schedule for the first activity<input type="checkbox"/> Make sure that your child is wearing the proper clothing for their arrival<input type="checkbox"/> Encourage your child to have fun! |
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Contact us

Contact us with any questions at outdoor.centre@bc.ymca.ca or 604-886-2025.

Our team is always happy to assist. At **YMCA BC** we are committed to creating a welcoming and inclusive camp experience for everyone.

