

# 2019 CAMP GUIDE



# A Letter to Campers & Families

Dear Camper and Family,

We are so excited that you will be joining us at Camp Briardale in our 60<sup>th</sup> year of operation. Camp Briardale is proud to be hosted by BB Camp on a private island in beautiful Lake of the Woods, ON.

We have an awesome program planned this summer and we can't wait to share it with you. You'll get to try some amazing activities, meet new friends, and learn more about diabetes. We hope that by the end of your time at camp, you will have gained confidence, new skills, have a greater appreciation for the outdoors, and have a better understanding of how to manage your own diabetes.

Before you start packing your suitcase, please read our D-Camps Guide and this Information Package. It is full of information that will prepare you to have the best camp experience possible. Some of the important information included in this package is:

- Packing Lists
- Directions and Transportation for Drop Off and Pick Up
- Mailing Address

From all of us at Diabetes Canada and Camp Briardale, we are very excited that you are joining the Camp Briardale family! If you have any questions or concerns, please contact Grant directly.

Sincerely,

Lara and Grant



Lara Abramson

General Manager, Camp Operations

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403.478.9182

# PACKING LIST



## MEDICAL



- Insulin, Pens or Pump Supplies

**\*YES, the camp will supply syringes, pen needles, lancets, blood glucose meters and testing strips. Please do not forget to pack supplies for when traveling to and from the camp.**

- Other medications  
(must be in original container)



## CAMP STUFF



- Sleeping Bag (or sheets/blankets)
- Pillow
- Flashlight & extra batteries
- Insect repellent (no aerosol spray please)
- Toiletry Kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
- 2-3 lightweight towels (easy drying for swimming and showers)
- Daypack (for camera, rain gear etc. on day trips)
- Books to read
- Pen, Paper, Stamps (addressed and stamped envelopes/postcards are great!)
- Camera (cell phones with cameras are NOT considered cameras and will be held for the duration of the session)
- Empty large plastic bags for wet & dirty clothes to come home in



## SUN SAFETY



- 1 hat with brim (mandatory)
- Sunglasses
- Sunscreen minimum 30 SPF (mandatory)
- Water bottle (mandatory)



## CLOTHING



- 5 pairs of socks: both thin and thick for hiking
- Supply of underwear for the session
- 3 Pairs of shorts
- 3 Pairs of pants/sweatpants
- 6 t-shirts
- 3 sweatshirts/long-sleeve shirts
- 2 Pairs of shoes: one pair should be running shoes
- 1 Pair athletic sandals
- 1 Waterproof rain coat
- 1 Pair of rubber boots
- 2 Swim suits (no bikinis please)
- 2 Sets Pajamas

## WHAT NOT TO BRING:

- ✗ Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices
- ✗ Knives, including camping or Swiss army knives
- ✗ Valuable or precious items
- ✗ Matches or lighters
- ✗ Food
- ✗ ANY non-medical electronics with the exception of digital cameras.

Diabetes Canada and our host camps are not responsible for lost or stolen items.

Please don't bring valuables to camp.



# DIRECTIONS & TRANSPORTATION

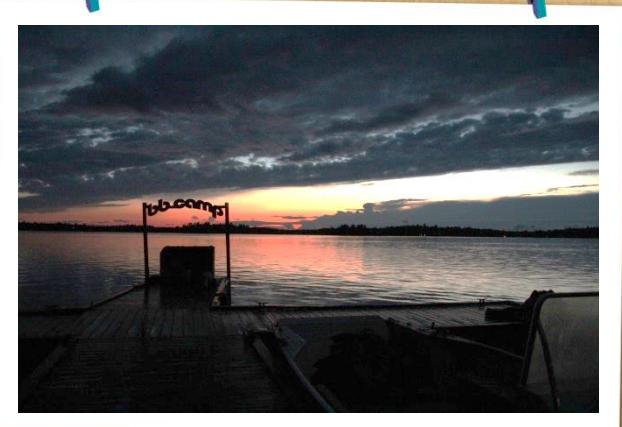
For 2019, Camp Briardale offers two-way bus transportation from the **Sunova Recreation Centre** in West St Paul, MB to camp. On opening day, families will have to bring a nut-free lunch, with the carbs counted, for their campers to eat on the bus. For directions please click the link to a Google Map of the address.

Families will have the opportunity to meet with the medical and program staff to discuss their camper's week during this time. Campers have been assigned an exact check-in time below. Please give yourself enough time to arrive. On the last day of camp, our estimated arrival time will vary depending on the bus your child is traveling on. **Please check the times below to avoid confusion.**

If you live in North-Western Ontario and plan to drop your camper off in Kenora, please be ready at the Kenora Town Dock at **12:30 pm** on Opening Day. Please make sure that your camper has **already had lunch** by the time you arrive. If you plan to pick your camper up in Kenora please be at the Kenora Town Dock no later than **11:30 am**.

Please indicate your preference on the **transportation from** in the registration package,

<b>Sunova Recreation Centre - West St. Paul, MB</b>	<b>Sign-in: Opening Day</b> (Monday, August 19 <sup>th</sup> )	<b>Sign-out: Closing Day</b> (Saturday, August 24 <sup>th</sup> )
MALE CAMPERS	9:30am	2:00pm
FEMALE CAMPERS	10:15am	2:45pm
ALL LDPs	11:00am	3:30pm



# CAMP ACTIVITIES

Campers will be exposed to a wide variety of activities and experiences. They will receive individual instruction to develop new skills, take part in cabin group activities, and participate in games and theme events involving the entire camp. In everything we do at Camp Briardale, we emphasize creativity, imagination, and adventure, in a safe, fun-filled atmosphere designed to encourage growth and the development of self-confidence. Your camper will be able to participate in the following:

## Land Based Challenges

There is always something happening on land at Camp Briardale! At any time, you might find campers enjoying the initiatives course, climbing wall, various sports, archery and the state-of-the-art high ropes course.

## Swimming and Waterfront

Campers will have the opportunity to experience many activities on the stunning lake at Camp Briardale. Activities include: canoeing, kayaking, swimming, water trampoline, Stand Up Paddle boarding and the infamous polar bear swim. All activities that take place in the water are led by trained staff and supervised by lifeguards.

## Creative Arts

Campers can spend time focusing on arts-based programs like drama games, arts and crafts, and talent shows.

## Evening Programs

Every night at Camp Briardale, the whole camp community comes together to take part in activities like skit nights and talent shows. Twice a week, there is a campfire where we sing songs, see skits and reflect on our time at camp. These campfires are a highlight of the camp experience. Make sure to ask your camper about their favourite song. You might even get to hear it on the trip home!





## MAIL & CARE PACKAGES

Everyone enjoys receiving mail, so please write! Mail will be picked up a few times a week and delivered to your camper. Send letters prior to or during the first few days of camp to ensure delivery. Letters that do not arrive until after the session has ended will be returned to sender. Any food, beverage, electronic devices, etc. received in care packages will be confiscated for the duration of camp.

The camp address is:

**Camper's Name and Session  
Camp Briardale  
c/o BB Camp Box 559  
Kenora, ON  
P9N 3X5**

