



Information Package

2023 Summer Overnight Camp

Inside: what to pack, when to come, dietary, medical insight and much, much, more!



Age Groups/Sections

At Camp Couchiching, campers stay in cabins with youth the same gender, age and grade as each other. This, along with some staff members, is their cohort.

We also group cabins together into Sections for some programming.

Here is how we divide up our Sections based on Grades in January of 2023:

- Juniors are in Grades 2-3
- Intermediates: Grades 4-6
- Seniors: Grades 7-8

Cabin Mate Requests

We will guarantee the first name listed as your cabin mate request as long as your request is the same age/grade (or within one year) and they have co-requested each other. If the year of birth is different for the co-requesters, the older camper will move down into a younger cabin.

Cabin placements are made one week in advance.

- No changes can be made on the first day of camp unless it is the camp's oversight.

Placements are usually done first by gender identity, then by grade and then a secondary check is done by age.



Leadership Development Program

The Leadership Development Program (known as LDP) is a two-year program for young adults in born in 2007 & 2008. This comprehensive program is one-month in during July or two-weeks in August and does not have a visitors day during either program. Whether it's working on hard skills like swimming qualifications or soft skills, like learning to be a camp counsellor, our Leadership Candidates return home with a skill set that can be applied to whatever life paths they choose.

All of our LDP go on an off site excursion/canoe trip.

The LDP are the only group of participants in camp who can, occasionally, use cell phones. The Camp keeps the cell phones but allows access to the phones a few nights a week for a short period of time after campers have gone to bed. Phones are not kept in cabins.

Feeling Comfortable with the Camp Experience

Campers frequently feel both excited and overwhelmed when thinking about coming to camp. Here are some suggestions to help your camper prepare for their first Camp Couchiching experience:

- A key factor to keep in mind is to avoid too much discussion concerning the time that will be spent away from home. Pump up the time that will be spent at camp!
- Visit the camp website at campcouchiching.com to look at photos, the current site map, and many other key features that Camp Couchiching has to offer! Our YouTube channel & Instagram accounts are a fun way to expose your campers to camp too! Remind your Camper/LDP that most of the campers in the photos didn't know each other until they met on the first day of camp.
- It is also important to re-assure your camper that they don't need to know everything about the camp before they arrive because Camp Couchiching focuses on campers trying new things while creating lasting memories and friendships.
- If your camper is nervous or hesitant due to privacy issues such as showering or changing from clothes to bathing suit, you may re-assure them that campers are welcome to change in the privacy of their cabin bathrooms. Our shower facilities offer individual stalls for camper privacy as well.
- Involve them in selecting their items for camp, labelling items and packing.
- Reviewing this package with your campers will help them to understand some of the routine activities at Camp Couchiching which will in turn help them adjust to camp life!
- If you as a parent are feeling overwhelmed or have concerns about camp please contact camp directly. Please do not make promises to your camper that Camp may not be able to uphold (like making phone contact, coming to visit them or telling them they can go home early).

A Typical Camp Day

Schedules will change throughout the session but this is typically our timing

7:30-Morning Wake-up/Dip

8:00-Flag Raising hosted by the Cabin of the Day

8:15-Breakfast

9:30-Cabin Clean-Up

9:45-Activity #1

11:00-Activity #2

12:15-12:30- Lunch

1:00-Rest Hour- quiet activities in the cabin

2:15-Activity #3

3:30-Activity #4

4:30-Options

5:15-Supper

7:15-Evening Program (sometimes with cabin, section or full camp)

8:45-Days End Flagpole

9:30-Junior/Intermediate Sections Lights Out

10:00-LDP Back To Cabins

10:15- Senior Section Lights Out

10:30- LDP Lights Out



Communication By Phone

Incoming calls: You are very welcome to call our Longford Mills office to leave a message. We will return your call. Priority for returning calls during busy times will be first to families who have campers at camp, then to families who have campers yet to come to camp and then finally, returning calls to families who's campers have returned home from camp already. Emergency calls will be delivered/returned immediately.

Outgoing calls: We do not allow any outgoing calls by campers and your camper won't have a cell phone with them. Parents/guardians of new campers will receive a phone call from our senior camp staff updating you on your camper's progress within the first 2-3 days of camp *IF* you requested this upon registration. If you would like an update on your returning camper please email our Managing Director, Drew, at drew@campouchiching.com

Communication By Mail or Courier (Good Old Fashioned "Snail Mail")

Campers LOVE getting mail, so write often. Mail is delivered to and sent from camp every day except weekends and holidays. Campers typically like receiving letters more than they like to write them but during rest session each day campers are encouraged to write home.

Here is how to address your mail to your camper:

Your Camper's Name & Session,
Camp Couchiching
3990 Longford Mills Rd
Longford Mills, ON
L0K 1L0

If mail arrives for your camper after they've gone home, we will do a "return to sender" on the mail. Canada Post will not allow us to "return to sender" any packages, postcards, without a return address on it, or oversized mail but enveloped mail can be shipped back.



Communicating with Camp by Email

Email your LDP or Camper at
campers@campcouchiching.com

Emails are printed around 1 p.m. each day and delivered to campers/staff once a day. The only exceptions are departure days, we can not guarantee your camper will get the email if received after 2:00pm when departing the next day.

We won't open or deliver attachments to the emails.

Care Packages

All Care Packages will be opened in the office and inspected to ensure appropriate content. Campers will be asked to share food items with their cabin. Please ensure that there are NO homemade snacks, gum, food that contains traces of nuts, unlabelled food or food from bulk food stores.

If these items are in care packages, they will be taken by camp staff and taken off site to a local food bank or in the case of homemade foods/snacks, destroyed. Please do not send excessive packages as campers receive lots of snacks and tuck throughout their time at camp. Confiscated items will not be returned.



Nut-Sensitive Policy at Camp

Camp Couching is home to many individuals (campers, LDPs and staff) who have life threatening allergies to peanuts and nuts. For this reason, we are very cautious and take several measures to ensure we remain nut-free.

-Our food services staff oversee all preparation of in-camp meals.

-All food items that contain nuts or traces of nuts will be confiscated by the camp staff. Items are disposed of and not returned to campers at the end of the session.

-We do not allow homemade snacks to remain on site whether or not they have nuts in them due to the risk of cross contamination.



Dietary Restrictions

You told us already if your camper has any special dietary concerns and the specifics of the restriction on your registration forms. We can accommodate the following dietary restrictions without supplementary food from parents/guardians:

1. Lactose Intolerance
2. Gluten allergies/intolerances
3. No red meat
4. Vegetarian
5. No Pork
6. Food Allergies

In addition we are willing to work with families to accommodate other dietary needs. If you have any questions about dietary restrictions, please contact us at the camp office.



Tripping

Tripping is an optional component for senior campers and your camper will decide whether they wish to participate in this aspect of camp after arriving at camp. Camp will do it's best to ensure all interested campers will be able to experience trip. Tripping is a strongly supported component of Camp Couchiching and is organized according to age group:

- *Intermediates* (Grades 4-6) Will go on an introductory camping trip at a nearby provincial park for one night together as a section. The trip is off site and campers reside in tents with their cabin mates.
- *Seniors* (Grades 7-8) can partake in a two-night canoe trip. We do these trips close to Camp in the Dorset/Algonquin Highlands/Leslie Frost area.
- *LDP*: LDP1 July go on 5 day/4 night canoe trips in the Leslie Frost area. The rest of the LDP go on shorter trips.

Campers and LDP are bused from camp to locations 1 to 2 hours from camp and remain under the supervision of camp staff and are expected to abide by camp rules the entire time.

Full Month Campers Coming for July or August Camp (not LDP's)

Changeover is the time between camper departure on Friday evenings and camper arrival on Sunday afternoon in between your two, two-week sessions.

If your camper is staying for longer than two weeks, the camp will provide programming and supervision during the "changeover time" at no extra cost. This will take place at camp and away from camp with some supervised visits to Orillia or Barrie for experiences outside the camp setting.

Unfortunately, Camp Couchiching cannot guarantee that the changeover time will be nut-free because of these excursions.

Families are welcome to pick up their campers on Friday and take them home for the weekend, returning on Sunday, but visitation at Camp isn't available or we can offer complimentary (free) bussing for your camper during this changeover. These arrangements should be made through the camp office.

There is not visiting campers or LDPs at Camp even when they're here for a month.

We will assume that one-month campers are staying at Camp for changeover unless you advise us otherwise.





Laundry

Laundry service is included in the camp fees for campers/LDPs staying for two weeks or longer. It includes washing, drying, and folding (returned to camp within 24 hours) and occurs on the Saturday mid session. Each cabin will receive a few laundry bag to share. The associated fees are part of your camp fee and cannot be refunded or opted out of.

Cooch Games: What team are you?

Since 1994, Cooch Games is a mini Olympics that takes place over 2 days at the end of every two-week session and 1 day for our one-week session. Everyone in camp is placed on a team (Spruce=Blue, Pine=Green, Cedar=Red, Birch=Yellow). This is considered your family's house and all your siblings will be on the same team. Once you have been placed on a team, you cannot change your team and it becomes your team for life! Each team has its own unique traditions and history, new campers are sorted into teams and cannot choose their own team. During the Games, you will compete in different events to gain points for your team. Some examples of these events are: Swim Races, Jenga, Name-That-Tune, etc. A new Management Team is being added in 2023- The Maples (Orange). The Oak Team (White), which consists of senior staff from the camp, oversee the games.



Tuck—Candy, Chips, Chocolate Bars, Drinks and Clothing

Your camper will receive complimentary tuck items each week which can include pop, candy, chips or chocolate. *Campers don't require any money at camp to obtain these items.* Campers may be required to "pay" for their tuck items with a letter to a friend/relative, cleaning their cabin or a contribution to the camp.

Camp logo'd clothing is sold through our database, Camp Brain and is a fundraiser to help us support families coming to Camp. This is the same database you applied to Camp through. Clothing is passed over to your Camper/LDP when they arrive to Camp. Once we assure that it is the size they wish then we will write their name in their clothing. Please follow [this link](#) for more information about the clothing and the deadlines. If we have some clothing left over at Camp, we will sell it, in-person, on the final day at Camp but there is no guarantee of availability of items or sizing.

For families who have registered in time for the keener bonus or those who are new to us for the newbie bonus, we will pass those complimentary items of merchandise to your Camper/LDP near the start of our Games.

Behavioural Expectations

Camp Couchiching has the following expectations of all persons (campers, staff & LDPs) when they are at Camp:

- It is okay to be angry but it is not okay to hit or hurt anyone or damage any property (e.g. punching a wall, ripping a fellow camper's belongings).
- We will ask you not to swear or pass remarks that could offend others.
- We will not allow campers, LDPs or staff to use tobacco, consume alcohol, or non-prescribed drugs during summer camp (this includes laxatives & dieting pills).
- We will not tolerate bullying or picking on people.
- We will not allow any pranks. If someone has time for a prank, they have time to do something nice for someone else.
- Do not borrow others' belongings unless the item was offered for loan. We reserve the right to inspect baggage.
- Campers can't go into cabins which aren't their own except when under the supervision of staff members.
- We expect campers to be ready & on time for activities.
- The Camp Couchiching staff will inform campers who are interested in "dating" or "seeing" another camper that they can find out from their parents/guardians when they get home if it is okay to pursue this relationship. We will not allow campers to be involved in any type of intimate relationship while they are at camp and we encourage people to hang out in groups.
- Campers must respect each others' personal space. Campers are only allowed in someone else's personal space (e.g. bunk, bed, tent) if invited, and must leave if asked.
- Welcoming new friends and guests is an expectation of all persons at Camp Couchiching. We strive to be an inclusive and welcoming community despite differences. Behavioral issues such as those listed above will be resolved swiftly.

Program Expulsion

Intentional participant behavior that puts the camper or others at physical or emotional risk, or behavior inconsistent with the camp behavior code may result in the immediate dismissal from the program. In addition, consumption or possession of alcohol, tobacco products, weapons, or illegal or harmful substances may result in immediate dismissal from the program. Camp Couchiching reserves the right to check baggage. Any expenses incurred because of program dismissal will be the responsibility of the participant/parent/guardian. No refund will be given to campers leaving camp prior to the end of the session due to disciplinary action.



Diversity & Inclusion

We feel diversity and inclusion are a central part to our Camp. Camp is a great place for youth to feel supported being their truest self and we work towards creating an environment that supports each person.

Camp Couchiching is grateful for our long-standing historical relationship with the Anglican Church however we do not have any kind of religious expectations or education as part of our programming.



Pathways

The Pathways program is devoted to helping those campers and young workers who need some structured extra support during their time at camp. Whether these campers require their own personal support worker or just some help in the cabin, campers in this program can experience camp in a fully inclusive environment. Our campers and young workers with the Pathways program range in age, gender and ability and are fully integrated in our community.

Promotional Pictures, Quotes & Slides

Each year, many pictures and video clips are taken at Camp to use for our slide shows, brochures, website and archives, or for other promotional pieces. We also use family names and quotations from thank you letters in our promotional pieces. If you wish your camper not to appear in any of these pictures or you don't want your name or quotations published, please notify us in writing prior to your camper's first day of camp. We never sell our mailing list.



Health Services

Camp Couchiching works to be staffed with a registered nurse each session to administer medications, oversee treatments and ensure camper and staff wellness.

We have a well stocked Health Centre so all over the counter type medications are at camp. You do not need to send “just in case” medications like Advil or Tylenol for your camper. We’ve got you covered! If your camper takes over the counter medication every day as part of their health routine then please send that along with them. We will keep it with all medications, in the Health Centre.

Prescribed and regular medications/treatments are typically administered during: Breakfast, Lunch, Dinner and Bedtime so please align your camper’s medication times around these times

We will contact you if:

- Your camper has been feeling ill in the Health Centre for more than 24 hrs.
- Your camper should seek medical attention, testing, outside of camp based on the advice of our health professionals

Healthy Behaviors

Our expectations of campers at Camp Couchiching are as follows:

- Camper’s parents/guardians must provide camp with up to date Health information.
- No health cards should be left with the Camp.
- No camper should come to camp with known communicable diseases or health issues (i.e. Lice, Scabies, Chickenpox etc.) We will let families know if their campers have been exposed to such health risks.
- Campers should wear long pants, long sleeved shirts and have feet covered by dusk each day in order to avoid mosquito/bug bites.
- Showers with soap and shampoo are expected 3 times a week.
- Medications should be taken on time and as prescribed.
- Sun safety rules, such as wearing a hat and sunscreen and drinking lots of water, are followed.
- Teeth should be brushed at least twice a day.
- Clothing must be changed as cleanliness and weather dictates.
- Please let your camper’s counselor know if they are having any health related problems as soon as possible.



Medication Musts

- All medication must be handed directly to a Camp staff member at drop off.
- Medications **MUST** be in original pharmacy bottles or we also accept blister packs prepared by a pharmacy – **IT IS ILLEGAL FOR A NURSE TO DISPENSE MEDICATIONS FROM ANY OTHER CONTAINER.**
- Meds must be kept in the Health Centre.
- One extra dose should be provided in case a replacement is necessary (e.g. a dose falls on the ground).

Wellness

One of the risks of coming to Camp is "catching" something from someone and/or "passing" illness to someone. If we all try to do our best from sending persons with illness to Camp then that is the best thing we can do for our community. However, we know that despite the best of efforts, illness does come into our community each year. This may include Covid-19 but is not limited to that.

When we have more than a few persons with the same signs and symptoms of illness, we are required by Public Health to record and inform them. Simcoe Muskoka Public Health then guides us with what to do and we work to do what is required of us along with considering the capacity of the Camp at the time of the issue.

Here are a few preventions and outcomes of illness that could affect your camper and/or your family:

1. Help keep Camp healthy- pre-screen. If persons cannot pass the wellness screening, which includes screening for COVID like symptoms, prior to departing for your arrival to Camp, **please don't come**. Contact us, we will be very flexible with new dates, late arrivals and refunds for families who help us keep illness out of Camp. This is the link to the screening tool we request you to use in the days prior to arrival: <https://covid-19.ontario.ca/school-screening/>
2. If your camper/ldp gets ill at Camp and it is known that the illness will last more than 36 hours then we'll request the camper goes home to recuperate. Examples of this include things like strep throat.
3. If the Camp's capacity is lowered due to an outbreak type situation, then we may have to send people home even if they'll probably get better within 24-36 hours. This is just because we wouldn't have enough people to look after everyone who is ill when an outbreak occurs. Examples of this include things like a norovirus or stomach bug.
4. If there are many things going on at Camp at once, not necessarily related to health and wellness, we may have situations arise that we can't manage and then a camper may have to go home. An example of this would be for lice or bed bug treatments.
5. If a camper/ldp has hurt themselves or requires assistive devices to get around, like crutches, we may request that they go home for a few days then return. Camp is difficult terrain for crutches. An example of this would be a broken leg.
6. Anytime we are working with a camper/ldp or staff member with a suspected or real head injury, they have to leave Camp. We cannot manage their protocols in our hot and loud environment.

We have to rely on resources and advice of our local Public Health Unit and resources from Ontario's Ministry of Health for guidance.



Did you review your
Camper/LDP's health form?

Head Lice- Policy

All campers will be checked for head lice upon arrival at camp as a standard health procedure. Lice are not dangerous and they do not spread disease, but they are contagious and their bites may cause your camper's scalp to become itchy and inflamed. We encourage campers to be checked for lice thoroughly by their family members before coming to camp twice:

1. Once 10 days before camp and,
2. Second time 3 days before camp.

A thorough check takes about 20 minutes. Please use public health resources to learn how to check your campers for lice. If all families take the time to do this, no camper will miss out on camp because of lice and you'll help us ensure this pesky situation doesn't come to camp.

If Lice or Nits are found, the camper may be sent home to be treated by the parent/guardians.

Based on the Camp Management's decision, we may have the capacity to treat lice at camp. We can only make these decisions on a case-by-case basis as it depends what other things may be happening at camp at the same time. IF we can treat the lice at camp a \$65 charge for lice treatments and extra laundry will be billed to your family as the treatments and laundry require additional supplies and a significant amount of time.

If we cannot treat at camp based on the Camp Management's decision, a camper with lice may not be able to remain at camp. Please note there will not be a refund of camp fees for days missed at camp.

In the situations where a camper is sent home due to lice, before returning to camp the camper must be free of both the live adult lice and nits. If nits are found on the hair closer to the scalp, it indicates they are alive. There is no treatment that will remove the nits other than picking them from the hair. It does take a few hours to do a thorough job but the camper is usually free of the problem within a 24-hour period and can return to camp.

Tick Protocol

Rigorous outdoor activities such as camping, hiking and exploring in humid moist environments increases exposure to ticks. Ticks are commonly found in grassy, or heavily wooded areas ideally in shrubs or leaf litter. Here are some of the approaches we take to be preventative and reactive to ticks:

- We will ensure that campers apply repellent containing DEET (follow label directions).
- We will ensure campers wear appropriate clothing if they will be participating in thorough outdoor exploration, and preferably wear light coloured long-sleeve shirts and long pants, with closed toe and closed back shoes (e.g. running shoes).
- We will encourage head-to-toe body checks by campers at the end of the day. Especially: under the arms, in and around the ears, in the belly button, backs of the knees, in the hair, between the legs, and around the waist
- Campers are to take showers, especially if the area the camper was in is optimal for tick habitation.
- Ticks will be removed at the health centre if they have latched on to the skin and the tick will be sent to Public Health for testing. If a tick is on clothing, it can be removed outdoors

Packing List for 2-Week & 1 Month Campers & Leadership Development Program Participants

What to Bring (please also see our What Not to Bring List):

*Please label belongings with permanent markings and do not send expensive or cherished belongings.

Laundry service is provided for campers staying two weeks or longer at no charge.

Clothing

- T-shirts (7)
- Long sleeved T-shirt (2)
- Sweaters/Sweatshirts (2)
- Shorts (4)
- Long Pants (2)
- Closed toed shoes/Sneakers/Running shoes (2)
- Sandals
- Socks (8)
- Underwear (8)
- PJ's (2)- ensure one pair is nice and cool to sleep in
- Hat
- Bathing Suits (2)
- Warm Coat/jacket (1)
- Raincoat or poncho (1)
- A "nice" outfit for the final banquet (think of a visiting Grandma outfit rather than going to a wedding outfit). Many of our campers wear a polo shirt or a sundress.

Other:

- Water bottle (water from every tap is drinkable, water fountains are available around camp)
- Flashlight/headlamp
- 4 re-usable masks or a box of 10-20 disposable masks (Camp has some to share)

Optional:

- Camera/Film
- Writing Paper, envelopes, stamps
- Pens, pencils or markers
- Reading book, puzzle book, comics , magazines
- Rashguard or t-shirt to swim in on sunny days- helps with sun safety
- T-shirt or swim coverup
- Stuffed animal
- Deck of cards, Uno or Spot It

Toiletries

- Soap
- Shampoo/conditioner
- Brush/Comb
- Toothbrush & paste
- Waterproof Sunscreen (min. of SPF 30) (non-aerosol preferred)*
- Insect repellent (non-aerosol preferred)
- Deodorant (non-aerosol preferred)
- Menstruation supplies- *Camp stocks this in most common bathrooms. Period underwear, swim wear and menstrual cups can only be washed out in the showers due to the logistics of where the toilets and sinks are in cabins.*

Bedding & Towels:

- Sleeping bag
- Flat sheet and fitted sheet
- Light blanket
- Pillow in pillowcase
- Beach Towels (2) - these can be used for showering as well
- Facecloth

For all campers staying longer than a week, laundry is provided each week.

Optional Tripping Equipment for 2-week campers, One-month campers & LDP aged 13 and older:

- Approved PFD or Lifejacket for your use—not required but your camper may want their own!
- Dry Bag (e.g. 20 to 40 Litre, purchased from Mountain Equipment Coop or Canadian Tire)

Packing List for Short Stay/Scamper Campers

What to Bring (please also see our What Not to Bring List):

*Please label belongings with permanent markings and do not send expensive or cherished belongings.

Laundry service is provided for campers staying two weeks or longer at no charge.

Clothing

- T-shirts (5)
- Long sleeved T-shirt (2)
- Sweaters/Sweatshirts (1)
- Shorts (3)
- Long Pants (1)
- Closed toed shoes/Sneakers/Running shoes (2)
- Sandals
- Socks (6)
- Underwear (6)
- PJ's (2)- ensure one pair is nice and cool to sleep in
- Hat
- Bathing Suits (2)
- Warm Coat/jacket (1)
- Raincoat or poncho (1)

Toiletries

- Soap
- Shampoo/conditioner
- Brush/Comb
- Toothbrush & paste
- Waterproof Sunscreen (min. of SPF 30) (non-aerosol preferred)*
- Insect repellent (non-aerosol preferred)
- Deodorant (non-aerosol preferred)

Bedding & Towels:

- Sleeping bag
- Flat sheet and fitted sheet
- Light blanket
- Pillow in pillowcase
- Beach Towels (2) - these can be used for showering as well
- Facecloth

Other:

- Water bottle (water from every tap is drinkable, water fountains are available around camp)
- Flashlight
- 4 re-usable masks or a box of disposable masks

Optional:

- Rashguard or t-shirt to swim in on sunny days- helps with sun safety
- T-shirt or swim coverup- Campers cover up when transitioning to/from water activities
- Camera/Film
- Writing Paper, envelopes, stamps
- Pens, pencils or markers
- Reading book, puzzle book, comics , magazines
- Stuffed animal
- Deck of cards, Uno or Spot It



What NOT to Bring to Camp Couchiching

- Money – nobody needs money at Camp Couchiching!
- Gaming units, Boom boxes, iPods, cell phones* (LDP are allowed limited personal cellphone use- see LDP section for full explanation). If your camper brings an old cell phone to take photos on, we will ensure the sim card is removed.
- DVD players/Televisions, hand held video game devices (DS), laptops and video recording devices.
- Inappropriate jewelry or clothing (profanity, drug references, discriminatory, not inclusive)
- Lock boxes
- Bicycles, skateboards or rollerblades
- Food products that don't comply with our care package guidelines (see above in "Snail Mail") or those which require any preparation (e.g. no microwave popcorn, cup of noodles, hot chocolate packages)

If any of the following items are found a phone call home will be made immediately with the camper's parent/guardians being notified of next steps. Your camper may be sent home if these things come to camp and a refund will not be available.:

- Drug paraphernalia: pipes, rolling papers etc.
- Cigarettes, vaping equipment, alcohol, or non-prescription drugs
- Pornographic materials
- Other materials or items used to threaten or intimidate other campers or staff members (weapons, knives, etc.)
- Matches, lighters, butane, fireworks or firecrackers.



Lost and Found

We try to send your camper home with everything that they came with but you can assist in cutting down our lost and found by:

- Ensuring that your camper's first and last name is in each piece of clothing or article brought to camp (labels!)
- Sending along a list of what your camper brought to camp with descriptions of the items (i.e. Beach towel: black background, map of Florida).
- Have your camper assist in their packing so they know to recognize their belongings.
- Please do NOT send the most cherished items or things that cannot be replaced.

*Please note that while we try to ensure that all your camper's belongings return home with them, we are not responsible in any way for lost and found. We throw out lost and found socks and under garments.

Every year in September, all unclaimed lost and found is provided to Orillia based charities for families in need.



Emergency Procedures

If there is an emergency involving your camper, we will try to contact you in the following order:

1. The person listed as Parent Contact #1 on cell then at home, then at work, then at other numbers provided.
2. The person listed as Parent Contact #2 in the same manner as listed above.
3. The emergency contact person from your information form. If none of these contacts have worked then we will continue trying to contact you but Camp Management may need to make decisions in your camper's best interest. It is extremely important that you make your wishes known to anyone who may make decisions about your camper on your behalf.

Transportation by Car to/from Camp

The ride to Camp Couchiching from the Greater Toronto Area is just over 1.5 hours but can take a bit longer due to traffic and construction. We suggest you use an app like Google Maps or Wayze to help determine your driving time. Your arrival location is 6536 Rama Road and your departure location is 3990 Longford Mills Road.

NEW for 2023! First Day arrival times are:

- 2-3 p.m. Returning Campers or New Campers with Returning Camper/LDP Siblings. Do not arrive before 2 p.m. ET
- 3-4 p.m. New Campers, New Camp Families and Leadership Development Program.
- You will only have a 15 minute block of time for drop off to occur at our Community Hub at 6536 Rama Road (see the photo of the building below) due to limited parking. We will shuttle bags into Camp and they will be delivered to your Camper/LDP's cabin. In Camp, each cabin will have a dedicated bed and storage space for each camper. Staff will help unpack and make beds up for those people who require this support. When you are dropping off at the Hub, Health Centre staff will be available to speak with and pass along medications to. **Family members will not be coming into Camp on the first day.**

Final Day departure times from 12:30-1:30 p.m. on the final day of Camp. at 3990 Longford Mills Road, Longford Mills. If you wish for your camper to give a tour, you are very welcome to walk about. Please depart from our site by 2:00 p.m. at the latest.

Arrival Day location-
This building is our
Community Hub at 6536
Rama Road. It is
adjacent to our main
Camp property.



Transportation by Bus to/from Camp

Our camp bus is an air-conditioned coach complete with comfortable seats and a washroom

Bus Departure to Camp on **Sundays** (first day of camp):

- Leaves from Armour Heights Public School 1:00 pm. Please arrive between 12:30 & 12:45 p.m. Our staff will be arriving on the bus.

Bus Arrival from Camp on **Fridays** (2 week, 1 month final day of camp):

- Leaves camp at 1:15 p.m. to Armour Heights Public School for 3:15 pm.

Bus Arrival from Camp on **Thursday** August (Scamper Camp):

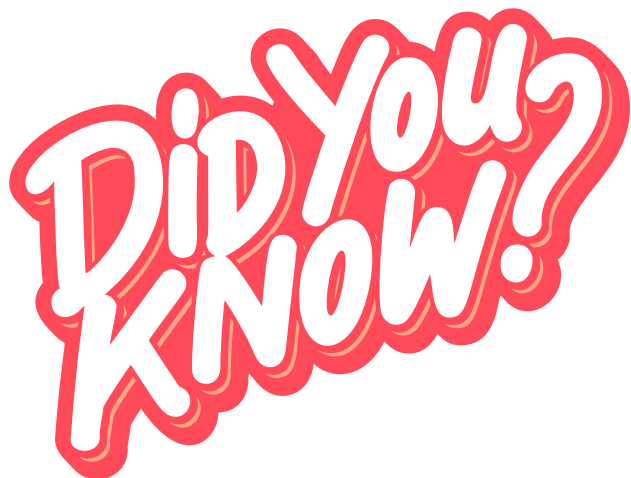
- Leaves camp at 10:15 a.m. to Armour Heights Public School for 12:15 pm.

The Armour Heights Public School is located at 148 Wilson Ave, North York, ON M5M 3A5. Just off Wilson Ave, between Avenue Road and Yonge Street and just south of the 401. We try to choose a bus stop that is close to public transit routes but also accessible to major transportation routes too.

Camp staff are called "Bus Parents" and they do the on-boarding, checking in and supervision of the campers while in transit and while waiting at the bus stops.

If you would like to add your camper to our bus, please contact our office to see if there is room via email so we have this in "writing". Book early to avoid disappointment.

If we do not have enough people booked on the bus then we reserve the right to cancel the bus, with at least two weeks notice.



We post day of updates
about our bus
departures/arrivals on our
Instagram account
[@campcouchiching](#)

A Map of The "Very, Very Friendliest Place of All" (a line from our camp song)



Other Opportunities At Camp Couchiching

Do you know that we have other neat things that happen at Camp Couchiching? In addition to Summer Overnight Camps ranging from one-week to one-month, we also offer:

- Summer Day Camp Programs
- Spring and Fall School Group Visits (typically Grades 6-8 plus high school)
- Spring Camp over the Victoria Day Weekend for our Summer Campers and their friends
- Group and adult retreat bookings in the Spring and Fall (e.g. choirs, sports teams, youth groups)
- Women's Weekend in June
- PA Day Programs & March Break Day Camp for Orillia area youth
- Spring and Fall Alumni Work Weekends



- **Mailing Address?** 3990 Longford Mills Rd, Longford Mills, L0K1L0
- **Photos?** Posted twice a week on Instagram: @campcouchiching
- **Email your Camper/LDP?** camper@campcouchiching.com (available after July 2)
- **Business email & phone?** info@campcouchiching.com, 705-325-3428
- **Drop offs and pick ups at Camp?** Sundays- Drop off at 6536 Rama Road at our Community Hub. Families do not come into Camp. Fridays- Pick up at 3990 Longford Mills Road, Main Field, feel free to tour afterwards for 30 minutes
- **Bus Drop off & Pick Up:** Armour Heights Public School