



Information Package

2026 Summer Overnight Camp

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



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. Please consider this as being in a younger cabin, may make it so your Camper misses out on some section based programming. 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 or camp's discretion.

Placements are usually done first by chosen 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 born in 2010 or 2011. This comprehensive program is one-month in length during July or three-weeks in August. These programs do not have a visitors' day during either program. Whether it's working on hard skills like swimming qualifications or soft skills, like learning more about communication and your personal leadership style, 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 1 or 2 nights a week for a short period of time after Campers have gone to bed. Phones are not kept in cabins.

Cabin Groups/Sections

At Camp Couchiching, Campers stay in cabins with youth who are a similar gender identity, age and grade as each other. Sometimes we have to mix ages/grades. This group of people, along with some staff members, is their cabin group.

We also group cabins together into Sections for some programming. Sections are divided based on Grades as of January 2026: Juniors are in Grades 2-3 , Intermediates: Grades 4-6, Seniors: Grades 7-8

One-week Campers will be placed together and not always be with two-week Campers if the programs run simultaneously.



Feeling Comfortable with the Camp Experience

Campers frequently feel both excited and nervous 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 and things that they will miss. 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/LDP are expected 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 nervous 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

1:00-2:15 -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 /Senior Cabin 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 Camp Director, Maria at campdirector@campcouchiching.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 on arrival & departure days.

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

Pro tip: Place your Camper's name in the subject line

Care Packages

All Care Packages will be opened in the office and inspected to ensure appropriate content. Campers may share food items with their cabin mates. Please ensure that there are NO homemade snacks, gum, food that contains traces of nuts, unlabeled food or food from bulk food stores as we cannot guarantee they are nut safe.

If these items are in care packages, they will be taken and not returned to your Camper/family. Please do not send excessive packages as Campers receive lots of snacks and tuck throughout their time at camp.

Pro Tip: Save on shipping costs. Drop packages off on opening day with a delivery date noted!



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. Vegan
6. No Pork
7. 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.



Nut-Sensitive Policy at Camp

Camp Couchiching is home to many individuals (Campers, LDP 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.



Tripping

Tripping & excursions are a strongly supported component of Camp Couchiching and is organized according to age group:

- *Intermediates* (Grades 4-6) Will go on an excursion after lunch to a local provincial park to have a beach day and then will return to camp to have a specialized night at camp to learn new skills about camping.
- *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 a multi night canoe trip in the Algonquin Park 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.

Campers Coming for more than 2 consecutive weeks (not LDP's)

Changeover is the time between camper departure on Friday evening and camper arrival on Sunday afternoon between:

- July Camp: Session 1 & Session 2
- August Camp: Session 3 & Short Stay

No other change over options are available.

If your camper is staying for longer than two weeks , in a row, 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 no visiting campers or LDP at Camp even when they're here for a month.

We will assume that July (one month) or August (three weeks) campers are staying at Camp for changeover unless you advise us otherwise.



Behavioural Expectations

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

1. 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).
2. We will ask you not to swear or pass remarks that could offend others.
3. We will not allow campers or LDP to use tobacco, consume alcohol, cannabis, or non-prescribed drugs during summer camp.
4. We will not tolerate bullying in any capacity at camp.
5. We will not allow any pranks. If someone has time for a prank, they have time to do something nice for someone else.
6. Do not borrow others' belongings unless the item was offered for loan. We reserve the right to inspect baggage.
7. Campers can't go into cabins which aren't their own except when under the supervision of staff members.
8. We expect campers to be ready & on time for activities.
9. 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.
10. 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.
11. Welcoming new friends and guests is an expectation of all persons at Camp Couchiching. We strive to be an inclusive and welcoming community. Behavioral issues such as those listed above will be resolved swiftly.
12. Campers or LDP who leave Camp without this being organized by staff members will not be allowed to stay at Camp when they return.

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, cannabis, 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.





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 short stay session in August. 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. Please note that unfortunately, due to timing, those in session 1A and 3A are unable to participate in Cooch Games.

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

Your camper will receive complimentary food & non-food tuck items each week which can include pop, drinks, freezies, candy, stickers, jibbitz, chips, fidget toys 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 2026 logo'd clothing is sold through our database. Buying our clothing is a fundraiser to help us support families coming to Camp. The clothing is passed over to your Camper/LDP during their session. The clothing is "made to order" so unfortunately if something is the wrong size we do not have back up sizes at camp. Details for "merch" will be sent separately.

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 during the session.

Newbie bonus of a classic Cooch Games merch will be given at the beginning of the games. Other classic Cooch Games T-shirts for anyone else can be purchased at the price of \$20+tax through the Cooch Games Shirt portal in the online database, CampBrain. Details on this will be emailed separately with the "merch" specifics.

Laundry

Laundry service is included in the camp fees for campers/LDP staying for 2 weeks or longer. It includes washing, drying, and folding (returned to camp within 24 hours) and occurs 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. Labelling clothes is a great idea as there are shared bags for cabins.



Diversity & Inclusion

We feel diversity and inclusion are a central part to our Camp. Camp is a great place for youth to feel supported while 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, prayers 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 an inclusive and supportive environment. Our campers and young workers with the Pathways program range in age, gender and ability and are 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, social media 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 or health professional 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 concerns 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 LOVE 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.
- Please check meds to ensure they haven’t expired.
- 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 Colds, Flu, Measles or Covid-19 but is not limited to that.

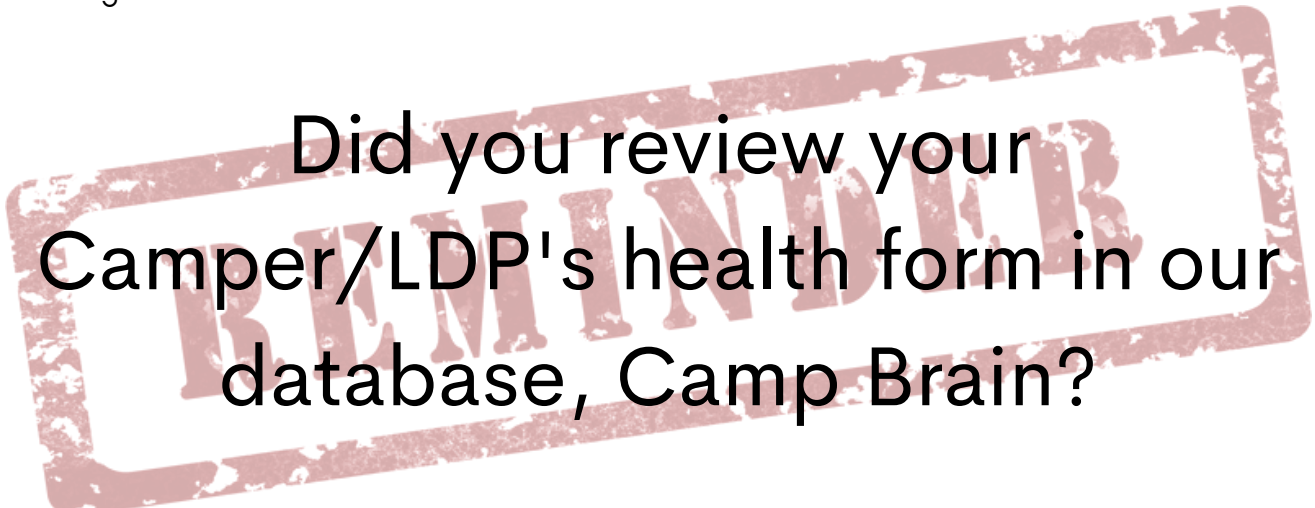
When we have more than a few persons with the same signs and symptoms of illness, we are required by Public Health to record and inform them. Simcoe Muskoka Public Health then guides us with what to do and we work to do what is required of us along with considering the capacity of the Camp at the time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

Camps in Ontario have increased reporting responsibilities related to measles in 2026.

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 at home. If persons have cold, gastro or flu 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.
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 or a concussion/head injury. However, in some infectious illnesses, injuries and/or immunization status, we have to send people home earlier. 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.
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 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 and 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.

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 in our
database, Camp Brain?

Head Lice- Policy

All Campers will be screened 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 \$75 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 regardless if the Camper came to Camp with lice or they obtained lice 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 can commonly be found in grassy, or heavily wooded areas ideally in shrubs or leaf litter. We have not had any instances of ticks/tick bites at Camp in 2024 or 2025. Here are some of the approaches we take to be preventative and reactive to ticks:

- We will encourage that Campers apply repellent containing DEET (follow label directions).
- We will encourage Campers wear appropriate clothing if they participate 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.
- 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.
- We work to keep the grass trimmed to "short mode" throughout Camp to make it less habitable for ticks.

Packing List for 2-Week, 3-Week & 1 Month 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 2 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

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 repellant (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 (important for trip as well)
- 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.

Tripping Equipment for 2-week, 3-week Campers & 1-month Campers 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) this is a good investment for tripping- highly recommended for senior Campers and LDP participants!

Packing List for Leadership Development Program Participants (Levels 1 & 2, 3-weeks & Month)

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 (4) - ensure these are comfy for swimming in, consider a rash guard too
- 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.

Toiletries

- Soap
- Shampoo/conditioner
- Brush/Comb
- Toothbrush & paste
- Waterproof Sunscreen (min. of SPF 30) (non-aerosol preferred)*
- Insect repellant (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 (important for trip as well)
- Flat sheet and fitted sheet
- Light blanket
- Pillow in pillowcase
- Beach Towels (2) - these can be used for showering as well
- Facecloth

Tripping Equipment for LDP:

- Approved PFD or Lifejacket for your use!
- **Dry Bag** (e.g. 20 to 40 Litre, purchased from Mountain Equipment Coop or Canadian Tire) this is a good investment for tripping!
- Thermarest or other sleeping pad for trip

Other:

- 1 litre Water bottle
- Flashlight/headlamp- you won't have your phone.
- Waterproof watch. LDP do not follow the typical Camp schedule and can't use their phones for time
- Cell phone and charger for the occasional phone time. You won't have this with you all the time, just very occasionally.
- A Fox 40 whistle (for swim qualifications)
- Goggles for swimming (makes lap swimming easier)
- Notebook for journaling and pens, pencils, highlighters

Optional:

- Dress up costumes/outfits
- Camera

For all LDP, laundry is provided once every 2 weeks.

Packing List for Short Stay/1A/3A 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 (1)
- 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 repellant (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

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
- A stuffy (leave the most precious ones at home please)

Storage in cabins are
shelves and bunk boxes.



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).
- Smart watches, ipads, MP3 players, old cell phones with/without the sim out, new cell phones, etc. These can't come for listening to music, taking photos or any other purpose.
- 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)
- Camp is not a good place for anything valuable. Sometimes Campers are anxious about the care of these items and they can't experience all the fun.

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, cannabis 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 Canada).
- 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.
- If your Camper/LDP loses their water bottle, we will look for it but then will replace it with a Camp one and charge your account \$8+tax

**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 local charities for families in need.*



Transportation by Car to/from Camp *(Looking for Bus? See Next Page)*

The ride to Camp from the Greater Toronto Area is just over 1.5 hours but can take a bit longer due to traffic, concerts and construction. We suggest you use an app like Google Maps or Wayze to help determine your driving time. From the cross roads of Highway 400 & 401, it can take from 1.5 to 2.5 hours.

CAR ARRIVAL First Day arrival location is 6536 Rama Road & the times are:

- 2:30–3:15 p.m. Returning Campers or New Campers with Returning Camper/LDP Siblings. Do not arrive before 2:15 p.m. ET
- 3:15–3:45 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.**



CAR DEPARTURE Two-Week and/or One Month Campers/LDP Final Day departure location is 3990 Longford Mills Road & the times are:

- 11:30–12:30 p.m.– Campers or LDP picking up more than 1 Campers/LDP who don't wish to tour Camp (i.e. you are "grabbing and going")
- 12:00 p.m.– 1:00 p.m.– Families picking up just 1 Camper/LDP and/or people who wish to tour Camp as well .If you wish for your Camper to give a tour, you are very welcome to walk about. Please depart from our site by 1:30 p.m. at the latest.

CAR DEPARTURE Session 1A (Fri July 3) & 3A (Fri July 31) Final Day departure location is 6536 Rama Road from 11:30–12:30 p.m. *Because we are still operating Camp on your final day, we cannot offer tours of Camp on these two departure dates.*

CAR DEPARTURE August Three-Weeks & Short Stay Departure (Fri Aug 14), final day departure location is 3990 Longford Mills Road & the times are:

- 11:30–12:30 p.m.– Campers or LDP picking up more than 1 Campers/LDP who don't wish to tour Camp (i.e. you are "grabbing and going")
- 12:00 p.m.– 1:00 p.m.– Families picking up just 1 Camper/LDP and/or people who wish to tour Camp as well .If you wish for your Camper to give a tour, you are very welcome to walk about. Please depart from our site by 1:30 p.m. at the latest.

Transportation by Bus to/from Camp *(looking for Car? See previous page)*

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 2:30 pm. Please arrive between 2:00 & 2:15 p.m. Our staff will often be arriving on the bus so may not be there to greet you when you arrive.

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

- Leaves camp at 12:15 p.m. to Armour Heights Public School for 2:00 p.m.

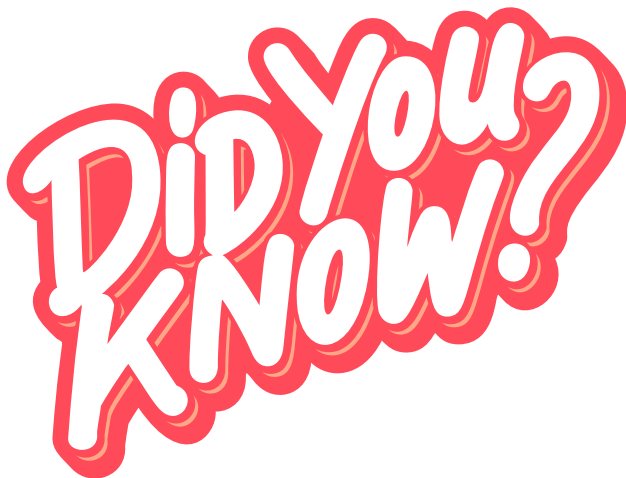
There is NO bus service on Friday July 3 or Friday July 31.

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 or change from a coach to another size bus.



We post day of updates
about our bus
departures/arrivals on our
Instagram account
[@campcouchiching](https://www.instagram.com/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 Family Camps
- Summer Day Camp Programs
- Spring and Fall School Group Visits (typically Grades 6-8 plus high school)



- **Mailing Address?** 3990 Longford Mills Rd, Longford Mills, L0K1L0
- **Photos?** Posted twice a week on Instagram: @campcouchiching & slide shows are posted on our YouTube channel after each session
- **Email your Camper/LDP?** Campers@campcouchiching.com (available after June 28) – reminder, attachments will not be printed.
- **Business email & phone?** info@campcouchiching.com, 705-325-3428
- **Drop offs and pick ups at Camp?** First Days/Sundays- Drop off at 6536 Rama Road at our Community Hub. Families do not come into Camp. Final Day/Fridays- please check in this package for timing and locations as it varies
- **Bus Drop off & Pick Up:** Armour Heights Public School- 148 Wilson Ave, North York, ON M5M 3A5