

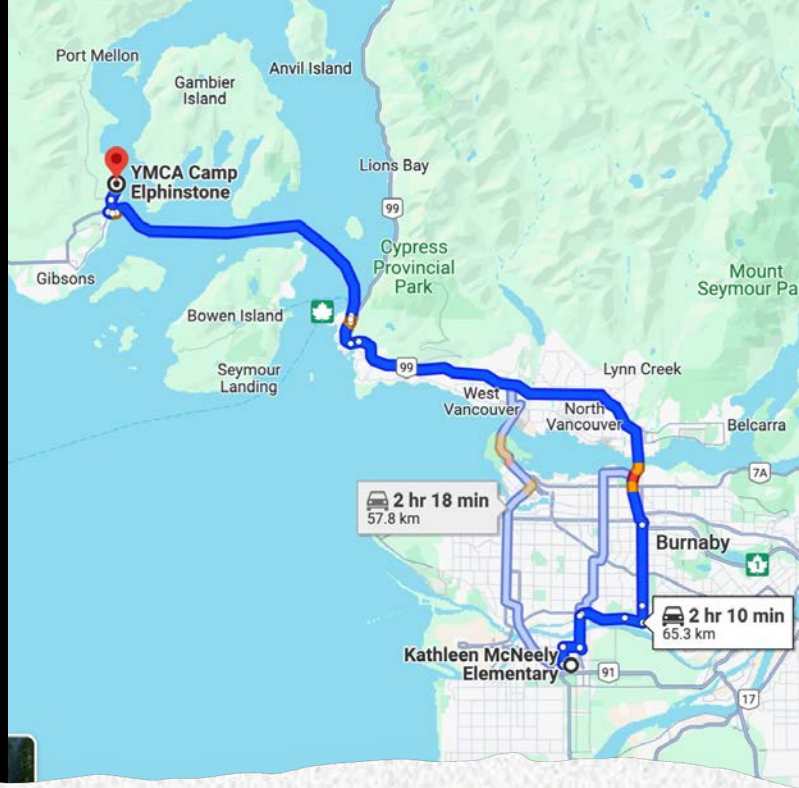


YMCA of
Greater Vancouver

CAMP ELPHINSTONE

McNeely Elementary Outdoor Education 2024

**Monday, April 8th to
Wednesday, April 10th**



**WHERE IS CAMP
ELPHINSTONE?**



WHERE DO THE STUDENTS STAY?

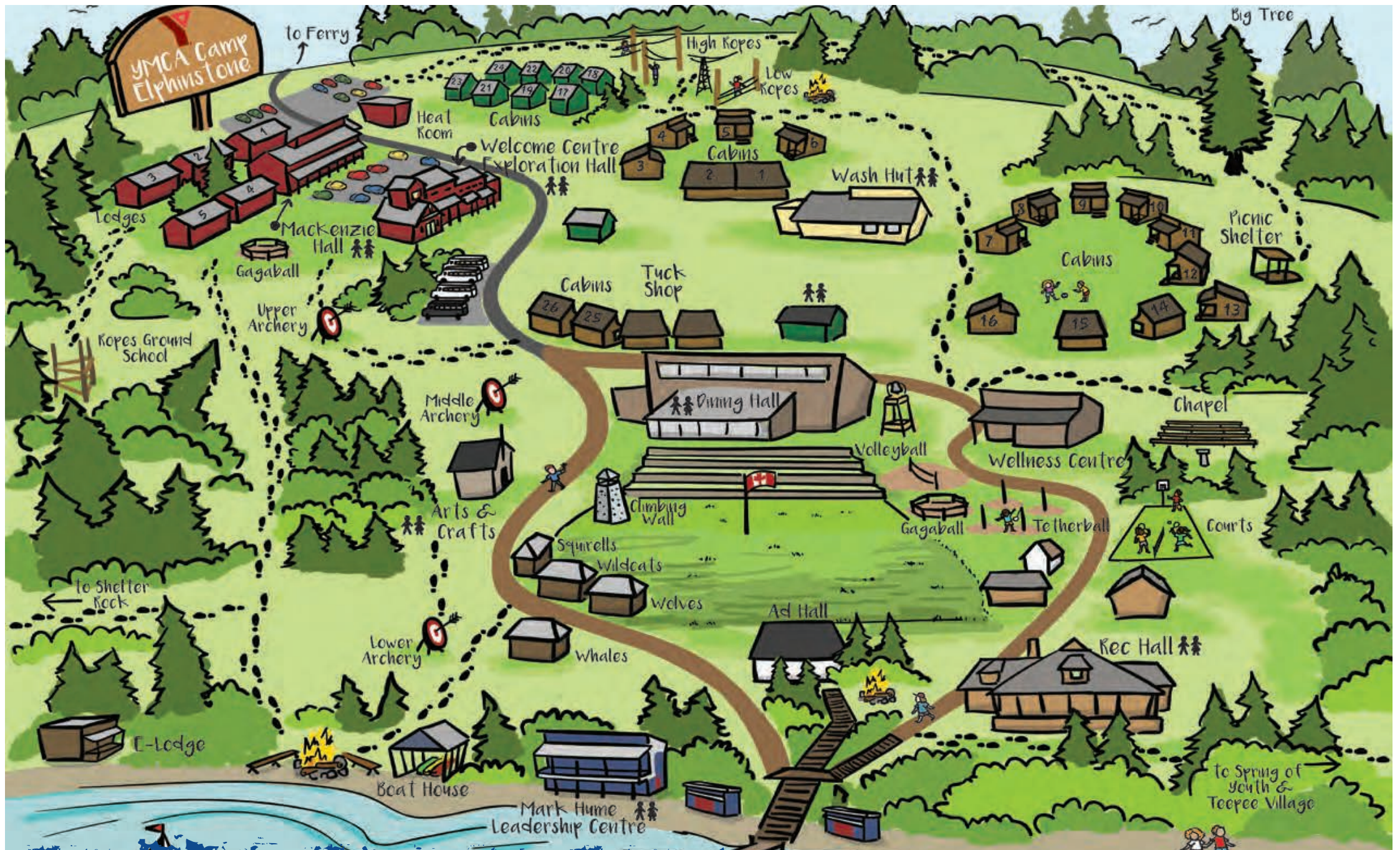
- **4 BUNKS PER ROOM**
- **TWO WINGS WITH 4 ROOMS ON EACH SIDE**
- **2 BATHROOMS WITH SHOWERS PER LODGE**



CENTRAL LOUNGE AREA.



SITE MAP





**WHAT WILL WE
DO @ CAMP?**







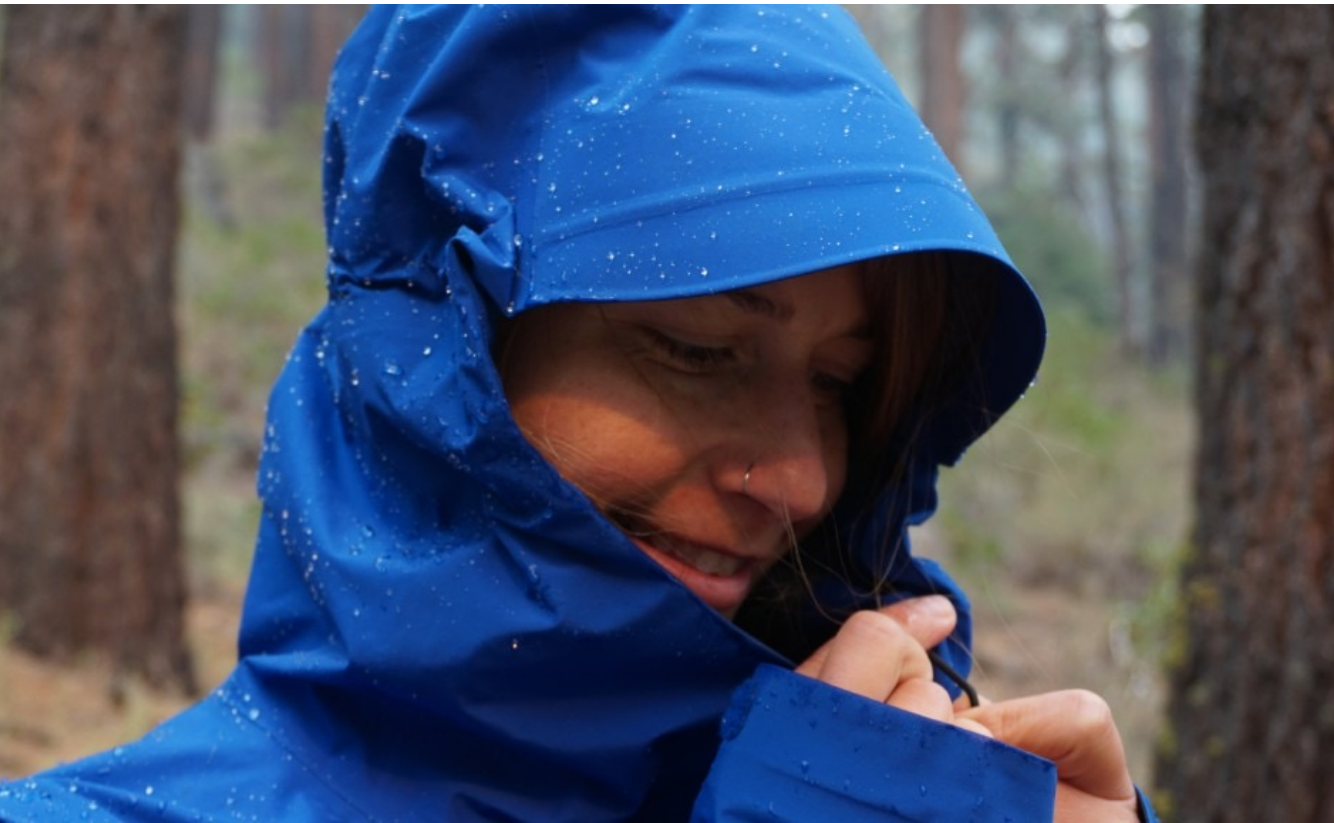


MEAL TIME

- Breakfast includes a cereal and fruit bar
- Lunch and dinner include an endless salad bar
- An evening snack is served daily.

WHAT WILL I NEED TO BRING?

- A good rain jacket!!!!





SLEEPING BAGS AND LUGGAGE

WHAT TO PACK

THE NECESSITIES

- Sleeping bag
- Pillow (optional)
- Toiletries [in bag/Ziploc]
 - Toothbrush
 - Toothpaste
 - Face cloth/Wash cloth
 - Soap (in a plastic container)
 - Deodorant
 - Comb/brush
 - Feminine products, etc
- Bath towel
- Laundry or garbage bags for dirty or wet clothes
- Reusable water bottle
- Sunscreen



WHAT TO WEAR

CLOTHING

- T-shirts (3)
- Pants, shorts
- Warm top layers (2) – eg. sweater, sweatshirt, fleece jacket
- Waterproof jacket or rain gear (an inexpensive poncho works great)
- Shoes: sneakers or light hikers are best – it will be helpful to have two pairs incase one gets wet)
- Pajamas
- Underwear for three days
- Socks for three days, plus three extra pairs
- Hat

What to wear: Be sure to check the weather before packing for camp and pack clothes that you can be active in. Jeans are great for cooler weather but can make it difficult to participate in physical activities. Avoid cotton if possible; synthetic materials and wool are best for outdoor activities.

OPTIONAL ITEMS

THINGS TO CONSIDER

- Flashlight (with fresh batteries)
- Insect repellent
- Sunglasses
- Toque (for cold evenings)
- Bedsheets (student bunks can be set up with a bottom and top sheet and blanket)
- Camera (not expensive, labelled and kept with adults)
- Hair dryer (plan with friends, only one per room is needed)
- Deck of cards, journal, pencils, etc for quiet times
- A small amount of money for purchases at the ferry (All food purchases must be consumed before leaving the ferry)

PLEASE DO NOT BRING THE FOLLOWING ITEMS

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



- Knives or other weapons/pocket tools



- Money or other valuables



- Any electronics: cell phones, gaming devices, etc.



- Food or drinks (except for water)



Please be sure to properly label your belongings with both your name and group name. Items left behind will be kept and held for 2 weeks, after which will be given to those in need.

WHAT GOES IN THE HEAT ROOM?

All bedding,
clothing, and cloth
bags must go in the
heat room!

WHAT IS A HEAT ROOM?

To keep your home and our facility bed bug free, we have a specially constructed heat treatment room. Bags are heated to 125 degrees (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 cabins. The whole process takes 2 hours.

WHAT DOESN'T GO IN THE HEAT ROOM?

- Plastics, such as toiletries and cosmetics
- Cameras and any other electronics (should be left at home)
- Medicines and medical devices
- Aerosols or creams (e.g. sunscreen)
- Food, including pop cans (these items are not allowed at camp anyway)
- Candles and wax
- Photographs



HOW SHOULD BAGS BE PACKED

For the heat room

- Write your name and group's name on a zip-lock bag and put all items not going into the heat room in this bag
- Keep this zip-lock at the **top of your overnight bag** so it can easily be removed before the overnight bag goes in the heat room
- Zip-locks will be placed in bins and given back to you when you collect your treated luggage



Please see Ms. Hsueh,
Mr. Kanda or Ms. Clark if you
have any further questions