

# CALGARY AREA

## GUIDE CAMP SKILLS

May 3 – 5 2024 | Camp Jubilee



Send any questions to  
[Any-calgaryguideskills@girlguides.ca](mailto:Any-calgaryguideskills@girlguides.ca)

**GUIDER  
PACKAGE**

## **Welcome to Guide Camp Skills!**

**Event Date and Times:** The event will be from Friday May 3 to Sunday May 5.

Everyone to be on site by 7 pm on Friday and off site on Sunday by 1:15 pm

At least one Guider must arrive on site by 5:15 pm to be ready for great your Unit as they arrive.

- Each Unit will be assigned a drop off/pickup site and arrival/departure time on March 18, 2024.
- PLEASE MAKE SURE YOU COMMUNICATED THIS TO YOUR FELLOW GUIDERS AND PARENTS.
- Parents are to be giving the exact Drop Off Site and Arrival Time for the Friday and the Unit Name and Number.
- On Sunday, the Pickup site will be the same as the Drop Off and there will be a Pickup time for your unit, parents MUST adhere to these times as we will have other units trying to drop off and pick up at their assigned times and locations.

**Our goal is to reduce traffic on site as well, so this is a bit of a balance.**

**Attached to the Registration page are the following forms:**

- Guider Package
- SG.1 and SG.2 Forms
- Parent Package
- Excel Unit Registration Form

The SG.1, SG.2, and Parent Package are editable. Please add specific information for your unit as you see fit.

### **Important Ratio Note:**

Because this is such a volunteer heavy event, we require units to provide Registered Adults to Cover Yellow Ratio (1:7) **PLUS** 1. For example, your unit requires 2 adults to meet 1:7 ratio, then you need a 3<sup>rd</sup> registered adult to come with you to help as a volunteer for a station. This can be a Guider or Unit Assist but they must have a background check. This is because we need so many volunteers for the event to make this successful.

**Home contact** – Your unit must provide a home contact for your unit. We will give this information to OUR event home contact and in the event of an emergency, the Event Home Contact will phone out to all unit home contacts. Please send them your spreadsheet before the camp. (\*I promise you'll be reminded to do this!)

**Cost for the event is \$50. This covers:**

- Campsite
- Food for Mug Up Friday night, Snacks and Dinner on Saturday.
- Crest
- Supplies for the event

Your unit will be charged based on your Unit Registration list submitted **March 28, 2024.**

**This cost does not cover your additional costs and you can also decide how much families cover. Please edit the amount on the SG.1 for your unit.**

## Deadlines:

**March 28, 2024** – Unit Registration form with Final numbers (The excel file please) sent to [any-calgaryguideskills@girlguides.ca](mailto:any-calgaryguideskills@girlguides.ca)

**April 21, 2024** – Guider Meeting at 2:00 PM at Guide Center. One Guider from each group **must** attend.

After March 28, 2024, no other members will be able to register. No substitutions will be allowed.

**SG.2s must be scanned and emailed to any-calgaryguideskills@girlguides.ca before April 5, 2024.**

Please send combined files of SG.2s and not individual files.

## Parent Meeting

We **strongly suggest** that you hold a unit Parent Meeting to go over the information and ensure that all Guides are prepared for the event.

## What is Guide Camp Skills?

This event is designed to teach the youth camping/outdoor skills and to have fun! The units will be sleeping in tents and participating in organized activities. The Guides will rotate through stations including tent care, outdoor cooking, fire safety, Project Wild, compass and first aid. The activities are planned and facilitated by the Calgary Area Camping committee and other volunteers. Guiders do not need to have 2 nights of camping.

Units will be sharing tent sites with other units.

Because we have so many Guides this year, everyone will start at a station. There may be 2-3 other patrols (may not be from your unit) at the same station.

## Program

Once all your Unit and Guiders have arrived and are accounted for at your assigned site, please have one and only one Guider go to the Registration Table at **Centennial South** to hand in copies of your Health Forms and receive your camp package (schedules, name tags, evaluation forms etc). Please register before setting up your camp, Units will set up camp and then be ready to join us at the evening Mug Up at 9:30 pm outside Centennial's BBQ Shelter.

Guide Camp Skills is to be a fun and rewarding experience for all. Being outside and experiencing the outdoors is truly a part of building fond memories.

Due to Alberta's ever-changing climate, we strongly recommend dressing in layers.

We will be developing programming and sending out updates shortly.

The Camping Details	
<b>Unit Transportation</b>	<ul style="list-style-type: none"> <li>Each Unit will be assigned a drop off/pickup site and arrival/departure time on March 18, 2024</li> <li>PLEASE MAKE SURE YOU COMMUNICATED THIS TO YOUR FELLOW GUIDERS AND PARENTS.</li> <li>Parents are to be given the exact Drop Off Site and Arrival Time for the Friday.</li> <li>On Sunday, the Pickup site will be the same as the Drop Off and there will be a Pickup time for your unit, parents MUST adhere to these times as we will have other units trying to drop off and pick up at their assigned times and locations.</li> <li>Our goal is to reduce traffic on site as well, so this is a bit of a balance.</li> <li>Please have Guides label their bags with: <ul style="list-style-type: none"> <li>Unit Name and Number ie: "1<sup>st</sup> Calgary Guides" and their Name.</li> </ul> </li> </ul> <p>These times will be provided <b>March 18</b>. We will be in communication with Guiders on this and if there's ANYTHING you need to discuss, please reach out.</p>
<b>Packing</b>	<ul style="list-style-type: none"> <li>Guides can have: <ul style="list-style-type: none"> <li>A Day Pack</li> <li>A Gear Bag</li> <li>A Bed Roll</li> </ul> </li> </ul>
<b>Camping</b>	<ul style="list-style-type: none"> <li>Units will need to bring all camping gear for the weekend.</li> <li>Guiders will bring the gear to and from camp and will be assigned parking. Guiders carpooling is encouraged.</li> <li>Camping will be field camping and will be shared at an established site. Fire pits will be available for units to share with other units but might not be right adjacent to their site.</li> <li>You still need to strain water and use common camping rules – Grey water from food or washing up will still have to get strained and grey water disposed of properly in the LDP.</li> </ul> <p>The site has power at the shelters but no plumbing. Pit toilets are used. No refrigeration for units will be available for an event this size.</p> <p>Pairing up with another unit from your district and being helpful to share gear and planning is always a great way to go.</p>
<b>Garbage</b>	<ul style="list-style-type: none"> <li>Units are responsible for getting all their garbage home from Camp.</li> <li>We will also be looking for Guider vehicles to take some of the camp garbage in at the end of camp.</li> </ul>
<b>Sanitation</b>	<p>Please do your washing up at your own tent site. Bring your own pail &amp; strainer (panty hose) for the LDP. The water then can be emptied into the site LDP (not down the lats). The panty hose will be put into the Unit garbage, which you will take home.</p> <ul style="list-style-type: none"> <li>There are latrines and/or porta-potties on each site. Sanitary supplies (pads &amp; tampons) are to be disposed of in the paper bags provided, NOT down the lats or porta-potties. Please take the used bags to your own garbage.</li> </ul>
<b>Water</b>	<ul style="list-style-type: none"> <li>Water is available at the outside tap at Centennial and Pallesen Buildings.</li> <li>Units should bring their own water to this camp if they want. Plan for 4L per Person.</li> <li>This can be done as a central group or to have Guides bring 4L of water themselves.</li> </ul>
<b>First Aid</b>	<ul style="list-style-type: none"> <li>Event First Aid Station – <b>Centennial South</b>.</li> <li>Each unit must provide a First Aider and First Aid Kit. For minor events, the unit first aider will fill out H.4 (<a href="#">First Aid Treatment Record</a>) for any first aid completed.</li> <li>Units still need to have their Units fill out H.3 (<a href="#">Medication Plan and Administration</a>)</li> </ul>

	<p><a href="#">Record</a>) and they will administer and record Medications.</p> <ul style="list-style-type: none"> <li>• Event first aider will be around for any major incidents.</li> <li>• All H.3 and H.4 will be handed in to the event First Aider at the end of the event.</li> </ul>
<b>Health Forms</b>	<ul style="list-style-type: none"> <li>• You will have two copies of the health forms. 1 copy will stay with the unit and 1 will be handed into the event at event registration. Make sure you have H.1 for all your Guides as well as Copies of the H.2 (<a href="#">Personal Health form for Adults</a>) included in both packages. These will stay with Guiders during the whole event.</li> <li>• The ones handed in to the event will be returned at the end of the event.</li> </ul>
<b>Phone Service</b>	<ul style="list-style-type: none"> <li>• For those who have not gone to Jubilee before, there is only cell service.</li> <li>• There are no landlines.</li> </ul>
<b>Food</b>	
<b>General</b>	<ul style="list-style-type: none"> <li>• Guides should come to the camp fed.</li> <li>• Friday Mug Up, Saturday Snacks and Saturday Dinner are the meals provided by the Event.</li> <li>• All other meals are provided by the unit.</li> <li>• This includes Snacks and Drinks</li> <li>• All food brought must be <b>Nut Free</b></li> <li>• <b>You know what you can prepare in what time frame.</b> Don't get too intense for this camp but if you can whip up pancakes in no-time, feel free to make pancakes.</li> </ul> <p>Guides can help with cooking, but this won't be a conventional camp where we have a ton of time for food prep. Decide as a group what the fastest way to put meals together for your unit is.</p> <p>Pre-cook and heat up where it makes sense.</p> <p>No refrigeration is provided for units. Units are responsible for providing coolers/ice as required to keep food cold.</p> <p>This outline has suggestions for mealtimes and snack breaks. You know your unit best though, so please bring what will sustain your unit!</p>
<b>Friday</b>	<p>Mug up will be done after Set up on Friday (supplied by Event) and after Campfire on Saturday (supplied by unit)</p> <ul style="list-style-type: none"> <li>• Hot Drink</li> <li>• Crackers/Cheese/Meat/</li> <li>• Cup of Soup and Crackers</li> <li>• Hot Dogs</li> <li>• Veggies/Hummus</li> <li>• S'Mores or <a href="#">Chipmunks</a></li> <li>• Popcorn</li> </ul>
<b>Saturday &amp; Sunday Breakfast</b>	<ul style="list-style-type: none"> <li>• Hot Drink</li> <li>• Oatmeal (do a group pot or individual packages!) with <b>non-nut</b> toppings – chocolate, fruit, etc.</li> <li>• Toasted bagels or English muffins on camp grill with spread (Cream cheese or jam)</li> <li>• Scrambled Eggs and Bacon – make these into breakfast wraps!</li> <li>• <a href="#">Egg in a Bag</a></li> <li>• Muffins</li> <li>• Boiled Eggs</li> <li>• Pancakes</li> </ul>

<b>Saturday Lunch</b>	<ul style="list-style-type: none"> <li>• Sandwiches – Have an assortment of toppings and spreads and have an assembly line to build their own sandwiches.</li> <li>• Hot Sandwiches (Same as above but double wrap in foil and put in the fire at site (if we are allowed to have fires) – Give yourself some extra time for these. You can do campfire or Camp stove quesadillas or pita pizzas this way too.</li> <li>• Ramen Noodles</li> <li>• Veggies and Dip</li> </ul>
<b>Saturday Dinner</b>	<p>Food for Dinner will be provided for your unit to cook at your site. This meal will be based on using a propane camp stove.</p> <p>Menu will be provided ahead of time. The meal will be Nut Free, and have options to be dairy and gluten free. Units are responsible to ensure that any other allergies or dietary restrictions in their units are accommodated.</p>
<b>Snacks</b>	<ul style="list-style-type: none"> <li>• Have NUT FREE snacks for the between times,</li> <li>• There will be a morning and afternoon snack provided by the camp.</li> <li>• Have some extra snacks to create a snack kit to go home on the bus.</li> <li>• If you want, ask the Guides to bring a small Tupperware sandwich box to carry the snacks.</li> </ul>

A more detailed schedule will be sent out closer to the event.

Please ensure **each parent** is given the complete “Parent Package” including the map to camp. We wish to provide each parent with enough information so that they can comfortably register their daughter while knowing that we take her safety to be of great importance to the success of the event.

## UNIT KIT LIST

This is a list of things that each unit should bring in order for the girls to have the best time possible at Guide Camp Skills. The Guider who drives out to camp should bring all the following items with them. These items are **NOT** to go on the bus.

- |  |  |
|--|--|
| <input type="checkbox"/> Tents   | group or by individual Guides  |
| <input type="checkbox"/> Ground Sheets                                   | <input type="checkbox"/> Fire starting kit   |
| <input type="checkbox"/> Silver Sheets (optional)                        | <input type="checkbox"/> Hair Ties   |
| <input type="checkbox"/> Tent Pegs                                       |  |
| <input type="checkbox"/> Rope  | <input type="checkbox"/> Extra sleeping bags/Blankets                                      |
| <input type="checkbox"/> Mallet/Hammer                                   |  |
| <br>   |  |
| <input type="checkbox"/> Scissors  | <input type="checkbox"/> First Aid Kit   |
| <input type="checkbox"/> Stove   | <input type="checkbox"/> Health Forms (original copies) & a Second Set                     |
| <input type="checkbox"/> Fuel  | <input type="checkbox"/> H.3, H.4 forms  |
| <input type="checkbox"/> Pots  | <input type="checkbox"/> Extra Toilet Paper (A couple rolls just in case)                  |
| <input type="checkbox"/> Matches   | <input type="checkbox"/> Hand Sanitizer for your Group                                     |
| <input type="checkbox"/> Tin Foil  | <input type="checkbox"/> Duct Tape   |
| <input type="checkbox"/> Kitchen Bin                                     | <input type="checkbox"/> Tent Repair Kit   |
| <input type="checkbox"/> Cooking Utensils                                | <input type="checkbox"/> Extra Tarps for Sitting or making an Eating Shelter               |
| <input type="checkbox"/> Dish Bins for Washing                           | <input type="checkbox"/> Garbage Bags  |
| <input type="checkbox"/> Dish Soap and Bleach                            | <input type="checkbox"/> Ziploc bags for Snack Kits  |
| <input type="checkbox"/> Dish Clothes                                    | <input type="checkbox"/> Some cards/extra games  |
| <input type="checkbox"/> Rope for Hanging Dish Kits                      | <input type="checkbox"/> Some program work for filler activity.                            |
| <input type="checkbox"/> Table Cloth                                     |  |
| <input type="checkbox"/> Bucket for LDP and Pantyhose for Straining (X3) | <input type="checkbox"/> Empty bins to store smelly stuff in cars (Toiletries, dishes etc) |
| <input type="checkbox"/> Water (4L a person) - Either provided by the    |  |

Tailor your kitchen kit to what you will be cooking. Things like roasting sticks, tongs, tin foil may be useful if you're planning on using the fire at all.

You will be camping at a site that may not have a fire pit and benches. We will try to distribute picnic tables around the groups, however there is no guarantee that we will have enough for the size of the event. These are some suggested items:

- ☐ A fold up table for your camp stove or a Plank that can be set up as a table with Totes as a makeshift table.
- ☐ Camp Chairs – Guides and Adults are welcome to bring camp chairs. Please make sure these are labeled.

The camp will provide event toilet paper, but some extras are not a bad idea!

This list is a list of suggested minimum requirements. We trust that you know what you need to make your weekend enjoyable.

**All items are to be labeled with the Unit/District name!!!**

## CAMP KIT LIST – PERSONAL KIT LIST

This is a list of things that each camper will need for her adventures at this event. These are general guidelines and a minimum of what the Guides need to have for the weekend. Leaders, please add to this as you see fit for your unit. Some of these items will also need to be taken in the daypack on the hike. Please see the hike kit list for specifics of what needs to be packed.

All gear should be waterproofed and packed in a large backpack or duffle bag. Large suitcases are not suitable for this kind of camping as they are not waterproof.

You can waterproof bags by packing everything in a garbage bag and putting that into your

bag. Guides should aim for one Gear Bag and one Bed Roll ([How To Roll a Bedroll](#)) and one

### Day Pack

Focus on layering clothing to keep warm.

- |   |  |
|---|--|
| <input type="checkbox"/> Sleeping bag   | <input type="checkbox"/> <b>Camp hat</b>   |
| <input type="checkbox"/> Extra blanket/sleeping bag liner                       | <input type="checkbox"/> Water bottle 1L (FULL!!!)   |
| <input type="checkbox"/> Blue foamy (ensolite pad/thermarest) (NO Air mattress) | <input type="checkbox"/> Day Pack  |
| <input type="checkbox"/> Pillow   | <input type="checkbox"/> Plastic mug with lid  |
| <input type="checkbox"/> Small Stuffed Animal                                   | <input type="checkbox"/> Plastic Dishes (Plate, Bowl, Cutlery)   |
| <input type="checkbox"/> Warm 2-piece Pyjamas                                   | <input type="checkbox"/> Mesh Bag for Dishes   |
| <input type="checkbox"/> Toque for sleeping                                     | <input type="checkbox"/> Personal Kit (toothbrush, toothpaste, Kleenex, brush/comb, <b>hair elastics</b> , sanitary supplies)                            |
| <input type="checkbox"/> Mittens for sleeping                                   | <input type="checkbox"/> Small Personal Hand Sanitizer   |
| <input type="checkbox"/> Loose socks for sleeping                               | <input type="checkbox"/> Personal Medications if needed. Fill out H.3 ( <a href="#">Located Here</a> ) and give to your Leader Before Guides get on Bus. |
| <br>  |  |
| <input type="checkbox"/> Sturdy hiking boots/shoes or Runners                   | <input type="checkbox"/> Flashlight & Extra Batteries  |
| <input type="checkbox"/> 2 pair (4) plastic feet bags                           | <input type="checkbox"/> Garbage bag for dirty/wet clothes   |
| <br>  | <input type="checkbox"/> <b>Clean empty Tuna or Salmon Can</b>   |
| <input type="checkbox"/> Socks (minimum 4 pairs)                                |  |
| <input type="checkbox"/> Underwear  | <br>   |
| <input type="checkbox"/> Sweat pants or fleece pants (NO JEANS!)                | <input type="checkbox"/> Book or Cards   |
| <input type="checkbox"/> T-shirt  |  |
| <input type="checkbox"/> Long-sleeved shirt                                     | <br>   |
| <input type="checkbox"/> Sweater or fleece jacket                               | <input type="checkbox"/> Sit-upon  |
| <input type="checkbox"/> Toque  |  |
| <input type="checkbox"/> Rain Gear (Jacket, Pants)                              |  |

**No electronics or Individual Food (Discuss with leader) All items are to be labeled with participant's name!!!**

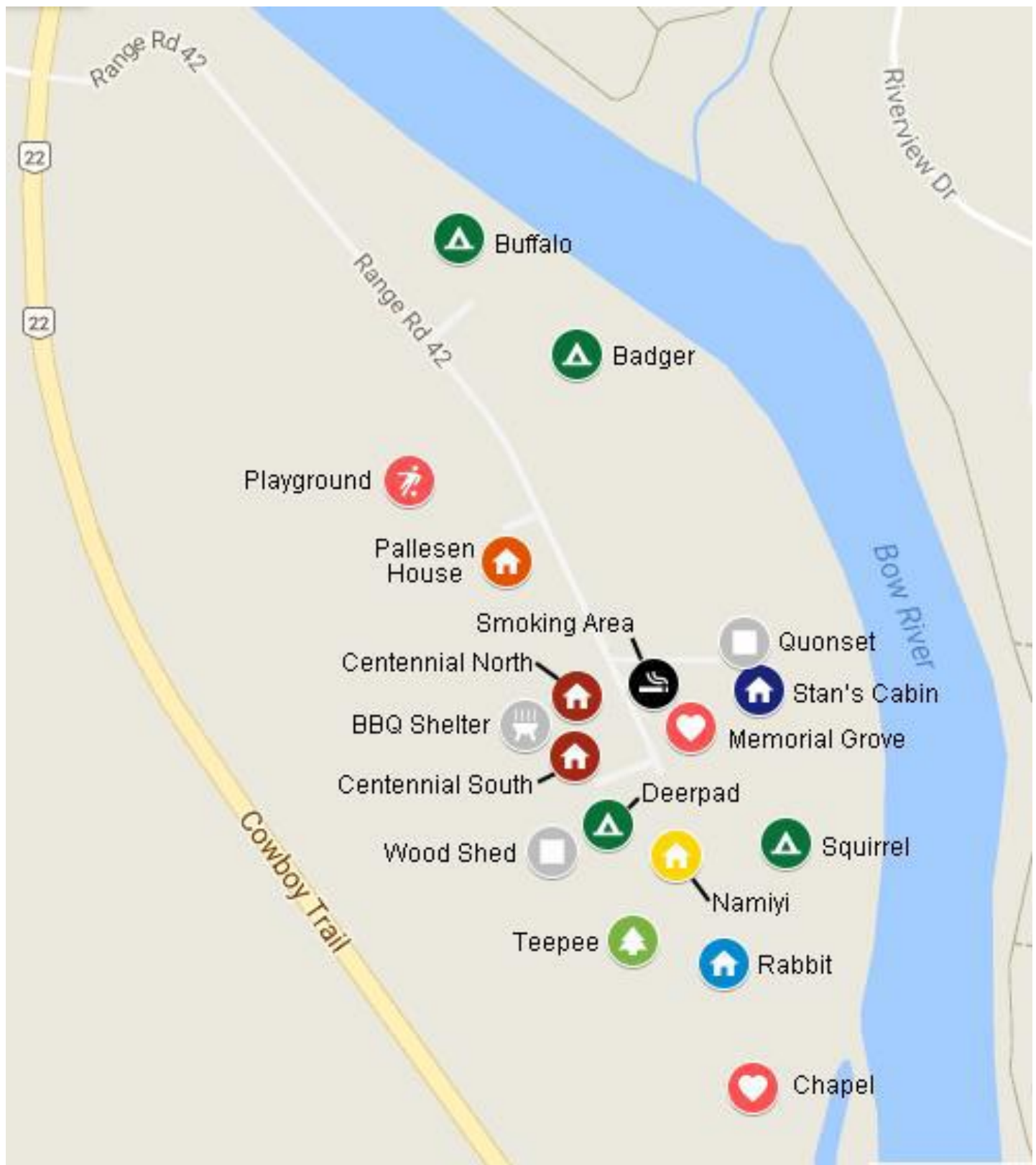


## DAY PACK KIT LIST

Guide Camp Skills is to be a fun and rewarding experience for all. Being outside, experiencing the outdoors and building teamwork skills is truly a part of building fond memories. Please ensure that EVERYONE is **dressed for the weather** so that all the Guiders and Guides at the event can have a wonderful experience.

Due to Alberta's ever-changing climate, we strongly recommend dressing in layers. We will be in the mountain foothills, so the temperature can drop rapidly throughout the evening. The list below is what Guides should WEAR OR BRING in a knapsack for the hike.

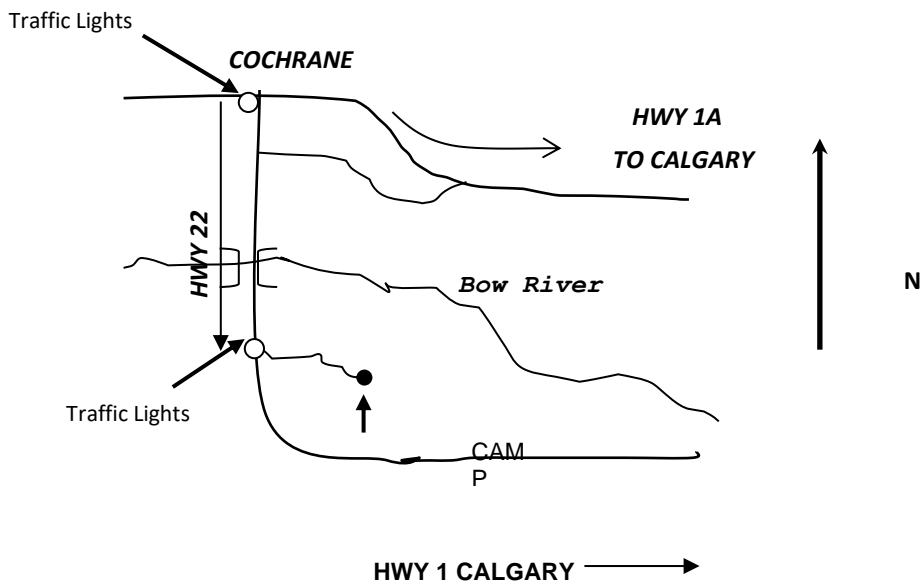
- ☐ **Camp hat**
- ☐ Toque
- ☐ Mittens/gloves
- ☐ Extra socks (2 pairs minimum)
- ☐ At least two bread bags in case footwear gets wet
- ☐ Rain Gear
- ☐ **hair elastics**
- ☐ Sit-upon
- ☐ 1 water bottle (1 litre) FULL!!!
- ☐ Medication (if needed)
- ☐ Snacks (provided by the unit)
- ☐ Toilet paper, Ziploc baggies and hand sanitizer
- ☐ WEAR: Sturdy walking boots/shoes or winter boots
- ☐ DRESS warm in layers
- ☐ Clean empty Tuna/Salmon Can



## CAMP JUBILEE – HOW TO GET THERE

**NO PETS ALLOWED ON SITE**

**ALL BUILDINGS DESIGNATED NON-SMOKING**



**LOCATION:** 255240 and 255242 Rge Rd 42. Legal Land Description W1/2, Sec 34, TP 25, R4, W5M.

**DESCRIPTION:** Approximately 85 acres located on the south bank of the Bow River immediately east of Hwy. 22.

**TO REACH CAMP:**

Access from the South: From the junction of Hwy 1 and Hwy 22, travel north on Hwy 22 to the town of Cochrane. At the second set of lights turn right onto the gravel lane.

Access from the North: From the junction of Hwy 1A and Hwy 22 in the town of Cochrane, travel south on Hwy 22. The entrance is on the Southeast side of the bridge, across from George Fox Trail at the fourth set of lights; turn left onto the gravel lane.

Remember the Speed Limit is 15 km/h; your children are on site!!

- **There will be other groups camping at Jubilee during this event. Please ensure all girls, guiders and parents are respectful of these groups**

