

# GIRL GUIDES OF CANADA - CALGARY AREA

## NITE TREK 2024

October 18-20, 2024  
Camp Mockingbird



Circus: A Nite Under the Big Top

### ***Pathfinder Unit Guider Package***

***Welcome to Nite Trek!*** We are pleased that you are joining us on this adventure. This package is designed to provide an overview of the event and answer your questions about Nite Trek 2024. In it you will find an overview of event, transportation details, a schedule, kit lists and maps.

## ***Important Dates:***

**Final Registration Deadline - September 20.** By this date you must submit your completed Unit Registration Form (Excel file) and SG.2's to [Any-CalgaryNiteTrek@girlguides.ca](mailto:Any-CalgaryNiteTrek@girlguides.ca). Your unit SG.2's are to be combined into one PDF document. No refunds will be given after this date and additional participants cannot be added. Do not bring unregistered girls to the event as they will not be allowed to participate and will be sent home.

**Mandatory Guider Meeting – September 30 at 7:30 pm** – Mandatory Guider meeting will be held virtually over Teams. One Guider from each unit must be in attendance. This will be the opportunity to get more information and ask any questions you may have.

### ***Parent/Guardian Meeting***

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

## ***What is Nite Trek?***

Nite Trek is a night adventure hike where Pathfinders hike in teams of 4-7 and must complete challenges at stations along the way. It is a fun team building experience as the teams hike without an adult! The trail is marked with glow sticks and flagging tape and there will be adult trail walkers along the trail to keep everyone on track and safe. While the girls are encouraged to rely on their night vision to hike and not use flashlights, they are able to use flashlights or headlamps if needed but they **MUST** be covered with red cellophane as to not impede their or other's night vision.

At each station, the teams are judged on how well they work as a team and how well they complete the activity. Teams can also receive or lose bonus tokens along the way for their behaviour on the trail. Teams that have un-covered flashlights, leave garbage on the trail, and disrespect each other may lose tokens. Teams that are only using covered flashlights when required, are picking up other people's garbage, and have extraordinary teamwork may be given extra tokens.

Teams should also have a song or cheer that they perform when they arrive at a station. They will also need to ask for permission to enter and leave the station. All these things can earn them points!

## ***The Hike***

Teams will be given a "Step Off" time in the registration package. The team must be at Office 10 minutes before this time so that they are ready to start their hike on time (the first teams will leave at approximately 8 p.m). The hike takes a route along an existing trail, up hills, through forested areas, across meadows, and perhaps even through some puddles (if you can't get around them). The terrain is quite uneven in most areas so please ensure that everyone is prepared for the hiking conditions (hiking boots or sturdy footwear is a must) and for any kind of weather we may get. As we are in the mountain foothills, the night air can get cold. We anticipate the hike will take approximately 3 hours to complete. Teams must check back in at Office when they are finished the hike.

### ***Event Times and Transportation:***

While the official Nite Trek event will take place from October 19-20, 2024, some units choose to arrive on Friday evening (October 18). If your unit chooses to arrive on Friday evening, there is no extra cost for the second night of camping. Units who camp on Friday night will be responsible for their own meals and activities until the official event starts, but will be covered under the event SG.3, so no further paperwork needs to be submitted for Safe Guide approval.

The Opening Ceremony will be at 5:00 p.m. on Saturday October 19, the Closing Ceremony will be on Sunday October 20 at 10:30 a.m.

#### **Friday Evening Busing**

Friday evening buses will leave the **Guide Centre** (2188 Brownsea Dr NW) at 6:00 pm. Guiders may leave their cars at the Guide Centre if required. At least one adult per unit must be on the bus with the girls and a minimum of one adult per bus must have First Aid.

#### **Saturday Busing**

Saturday buses will leave from **Westmount Charter School** (2215 Uxbridge Drive NW) at 12:15 pm. At least one adult per unit must be on the bus with the girls and a minimum of one adult per bus must have First Aid. **Cars cannot be left at Westmount Charter School!** Guiders may leave their cars at the Guide Centre and a bus will be there to pick you up at 11:30 am to take you to the school.

#### **Sunday Busing**

Buses will be going back to the **Westmount Charter School** on Sunday October 20, leaving camp no later than 11:30 am and arriving at **Westmount Charter School** at approximately 1:00 pm. The parent pick up is scheduled for 1:30 to allow time for the buses/UHaul to be unloaded and the girls to find their gear **prior** to parents arriving. Please encourage your unit's parents/guardians to arrange carpooling to alleviate parking congestion. After unloading, a bus will take Guiders back to the Guide Centre.

### ***Registration***

All units must register at Lodge when they arrive onsite. At registration you will receive a package that includes name tags and pouches for all participants, a printed copy of the SG.4, a schedule, site map, description of volunteer duties and evaluation forms. You will submit 1 copy of the health form and confirm if all registered participants will be attending.

At the end of the event, you will return the plastic folder with the completed evaluation forms, H.3 and H.4 forms, the name tag pouches.

If you have any questions during the event, check in at Lodge OR look for people with ? on their heads. We will also have an information booth set up during dinner.

### ***Theme***

This year's theme is Circus: A Nite Under the Big Top. Pathfinders are encouraged to wear theme related costumes, but no clown costumes/masks can be worn after dark.

### ***Name tags & Health Forms***

Name tags and pouches must be worn at all times while on site. Please bring the original copies of the health forms as well as 2 copies. The unit First Aider keeps the original copy, one copy is submitted to the Event First Aider upon arrival, and the other copy is to be carried in the pouch for emergency situations.

Each unit must provide their own first aid kit for minor issues. Unit First Aiders will be responsible for collecting the girls' medications, storing them while at the event & supervising their administration as required. All medications brought to camp must be accompanied by an H.3 form and that form needs to be completed each time a medication is administered. Any first aid administered must be tracked on an H.4 form. All H.3 and H.4 forms must be submitted to Lodge before leaving site.

### ***Parking***

Parking at Camp Mockingbird is limited which is why most participants are bused to and from site. Each Unit is allowed only one vehicle to park on site, which can transport all the Unit gear. You will be instructed where to park at Camp Mockingbird on arrival by a volunteer staff member. No vehicles will be allowed in the camping areas.

### ***Camping***

All units will camp at Swallow and in the field behind Lodge. You may want to bring a table and chairs for your unit to use. We will not be moving picnic tables into the camping areas.

Campers will be required to clean up the site they have used and we appreciate any assistance with cleanup of the buildings & lats.

Each unit should have a "base camp" established where the girls will return to once they have completed the hike. One leader from the Unit should be on hand at that base camp when the girls return.

Fire pits are allowed to be used Friday evening and Saturday during the day. No fires Saturday evening as it will interfere with the girls' night vision on the trail. There will be a community fire (if there is no fire ban) at Chickadee, monitored by Hospitality on Saturday evening. Campfire will be at 7:00 p.m.

### ***Water***

Each unit is asked to bring enough water for personal use during the event. Suggested amount is approximately 4L per person.

### ***Sanitation***

Please do your dish washing at your own tent site, bring a pail and strainer (e.g. panty hose) to empty your dishwasher into. The water then can be emptied into the site LDP. The panty hose will be put into the Unit garbage, which you will take home.

There are latrines and/or porta-potties on each site. Sanitary supplies (pads & tampons) are to be disposed of in the brown bags provided, NOT down the lats or porta-potties.

### ***Garbage***

Each Unit is responsible for taking its own garbage home. We are also looking for some volunteers to help take home the event garbage.

### ***First Aid***

The Event First Aiders will be at Lodge for the duration of the event. Minor first aid situations (as listed in the SG.4) as well as regular medications will be looked after by each unit first aider. Please hand in all first aid (H.4) and medication forms (H.3) to the First Aid Station at the end of the event on Sunday.

### ***Hospitality***

We will have a “Hospitality” station set up in Chickadee site during the hike. We welcome anyone to pop in to join us throughout the night. There will be hot water available as well as hot drinks. Please bring your own mug. We ask that you give priority space in the building to girls who are coming off the trail.

### ***Program (all held in the flagpole area outside Lodge)***

Games will be organized Saturday from 3:30-5:00 followed by a brief opening ceremony at 5:00 pm. The closing ceremony will be held Sunday at 10:30 am where the awards will be presented.

### ***Evaluations***

Each participant is asked to complete an evaluation form. These help us to plan the next year’s event, so please take the time to give us your constructive comments and what you would like to see at future events. Sorry, we have no control on the weather!

### ***Locations (see map):***

Administration/Registration	Lodge (available 24/7)
First Aid	Lodge (available 24/7)
Hospitality	Chickadee
Afternoon games	Flagpole area outside Lodge
Opening Ceremony	Flagpole area outside Lodge
Closing Ceremony	Flagpole area outside Lodge
Step Off/Check in	Office

**Schedule:**Location***Friday***

5:45 PM	Load Buses	Guide Centre
6:00 PM	Buses Depart for Mockingbird	Guide Centre
7:00 PM	Site open for campers <i>(Please register before setting up camp!)</i>	Lodge

***Saturday***

10:00 AM	Flag	Flagpole area outside Lodge
10:30 AM	Station Workers meet to choose station spots (Be prepared to hike the trail)	Office
11:30 AM	Guiders parking at the Guide Centre picked up	Guide Centre
11:45 AM	Guiders Arrive and Check In	Westmount Charter School
12:00 PM	Load Buses and U-Haul	Westmount Charter School
12:15 PM	Buses Depart for Mockingbird	Westmount Charter School
1:30 PM	Registration	Lodge
3:30 PM	Games and Activities	Flagpole area outside Lodge
3:30 PM	Trail Walkers meet to hike the trail	Office
5:00 PM	Opening Ceremony	Flagpole area outside Lodge
5:30 PM	Dinner-staggered	Lodge
7:00 PM	Campfire	Chickadee Campfire Ring
8:00 PM	First Teams Step off	Office

***Sunday***

10:00 AM	Load U-haul	Flagpole area outside Lodge
10:30 AM	Closing Ceremony & Awards Presentation	Flagpole area outside Lodge
11:00 AM	Load Buses	Lodge
11:30 AM	Buses Depart for Westmount Charter School	Lodge
1:00 PM	Site must be cleared of participants	Lodge
1:30 PM	Parent/Guardian Pick Up	Westmount Charter School

(parking is limited, please ask parents to consider carpooling)

## **Menu** (subject to change)

The only meals provided by the event are Saturday dinner and an After Hike Snack. All other meals and snacks are each unit's responsibility and must be nut free.

### ***Saturday***

Dinner: Tacos in a Bag, Rice Krispie Squares, Juice

Doritos, beef, taco seasoning, beans (vegetarians only), cheese, sour cream, salsa, lettuce, tomato, peppers and onions.

Rice Krispie Squares, Juice

After hike snack: hot dogs, hot chocolate

With the sheer numbers of participants for this event, we are unable to accommodate allergies. There will be gluten free beef available for the tacos in a bag and vegetarian beans. The hot dogs are gluten free but there will be no gluten free buns available.

## ***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 Nite Trek. 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  | <input type="checkbox"/> Extra sleeping bags/blankets            |
| <input type="checkbox"/> Ground Sheets  |  |
| <input type="checkbox"/> Silver Sheets (optional)   |  |
| <input type="checkbox"/> Tent Pegs  | <input type="checkbox"/> First Aid Kit                           |
| <input type="checkbox"/> Rope   | <input type="checkbox"/> Health Forms (originals, plus 2 copies) |
| <input type="checkbox"/> Red cellophane (to cover flashlights)  | <input type="checkbox"/> H.3, H.4 forms                          |
| <input type="checkbox"/> Elastic bands  |  |
| <input type="checkbox"/> Scissors   |  |
| <input type="checkbox"/> Stove  |  |
| <input type="checkbox"/> Fuel   |  |
| <input type="checkbox"/> Pots   |  |
| <input type="checkbox"/> Matches  |  |
| <input type="checkbox"/> Kitchen Bin  |  |
| <input type="checkbox"/> Cooking Utensils   |  |
| <input type="checkbox"/> Dish Bins, Dish Soap and Bleach  |  |
| <input type="checkbox"/> Water  |  |
| <input type="checkbox"/> Partial toilet paper roll, small hand sanitizer<br>and a few zip lock bags (1/team to send on<br>the hike) |  |

This list is a list of suggested minimum requirements. We are trusting 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***

This is a list of things that each camper will need for her adventures at Nite Trek. These are general guidelines and a minimum of what the girls 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.

- |  |   |
|--|---|
| <input type="checkbox"/> Sleeping bag                            | <input type="checkbox"/> Water bottle 1L (FULL!!!)  |
| <input type="checkbox"/> Extra blanket/sleeping bag liner        | <input type="checkbox"/> 2 plastic mugs with lids   |
| <input type="checkbox"/> Sleeping pad (ensolite pad/thermarest)  | <input type="checkbox"/> 2 spoons   |
| <input type="checkbox"/> Pillow                                  | <input type="checkbox"/> 1 fork   |
| <input type="checkbox"/> Small Stuffed Animal (optional)         | <input type="checkbox"/> Personal Kit (toothbrush, toothpaste, Kleenex, brush/comb, hair elastics, sanitary supplies) |
| <input type="checkbox"/> Warm 2-piece Pyjamas                    | <input type="checkbox"/> Personal Medications if needed   |
| <input type="checkbox"/> Toque for sleeping                      |   |
| <input type="checkbox"/> Mittens for sleeping                    | <input type="checkbox"/> Small First Aid Kit (Band-Aids, alcohol wipes, moleskin, tensor bandage)                     |
| <input type="checkbox"/> Loose socks for sleeping                | <input type="checkbox"/> Whistle  |
|  | <input type="checkbox"/> Flashlight/head lamp with extra batteries  |
| <input type="checkbox"/> Sturdy hiking boots or winter boots     | <input type="checkbox"/> Sit-upon   |
| <input type="checkbox"/> 4 plastic bags to use to line wet shoes |   |
| <input type="checkbox"/> Socks (minimum 4 pairs)                 |   |
| <input type="checkbox"/> Underwear                               |   |
| <input type="checkbox"/> Long underwear                          |   |
| <input type="checkbox"/> Sweat pants or fleece pants (NO JEANS!) |   |
| <input type="checkbox"/> T-shirt                                 |   |
| <input type="checkbox"/> Long-sleeved shirt                      |   |
| <input type="checkbox"/> Sweater or fleece jacket                |   |
| <input type="checkbox"/> Winter Jacket & Snow Pants              |   |
| <input type="checkbox"/> Toque                                   |   |
| <input type="checkbox"/> Scarf                                   |   |
| <input type="checkbox"/> 2 pairs mittens/gloves                  |   |
| <input type="checkbox"/> Camp hat                                |   |

**All items are to be labeled with participant's name!!!**

\*\*\*Please note that girls are not allowed to bring or wear any glow products as it may interfere with the ability of others to follow the trail. Glow products will be confiscated at Step-Off. If they are caught with glow sticks while on the trail, they will be confiscated and the team will be disqualified (they will be allowed to finish the trail and the event, just not have their score count.)\*\*\*

## ***HIKE KIT LIST***

Nite Trek is to be a fun and rewarding experience for all. Being outside and experiencing the outdoors, using your night vision 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 Girls at the event can have a wonderful experience.

Due to Alberta's unpredictable weather 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 girls should WEAR OR BRING in a backpack for the hike.

- |   |   |
|---|---|
| <input type="checkbox"/> Winter Jacket & Snow Pants   | <input type="checkbox"/> Medication (if needed)                               |
| <input type="checkbox"/> Toque  | <input type="checkbox"/> Mug with lid for drinks                              |
| <input type="checkbox"/> Mittens/gloves   | <input type="checkbox"/> Nut free snacks (e.g. granola bar, beef jerky, etc.) |
| <input type="checkbox"/> Extra socks (2 pairs minimum)  |   |
| <input type="checkbox"/> At least two bread bags in case footwear gets wet                            |   |
| <input type="checkbox"/> Flashlight/headlamp covered with red cellophane (with extra batteries)       | <input type="checkbox"/> Toilet paper, Ziploc baggies and hand sanitizer      |
| <input type="checkbox"/> Sit-upon   |   |
| <input type="checkbox"/> Whistle  | <input type="checkbox"/> WEAR: Sturdy walking boots/shoes or winter boots     |
| <input type="checkbox"/> 1 water bottle (1 litre) FULL!!!   |   |
| <input type="checkbox"/> Personal First Aid Kit (including moleskin, Band-Aids, and a tensor bandage) | <input type="checkbox"/> DRESS warmly in layers                               |

Please ensure **each parent** is given the complete "Parent Package" including the map to camp. We wish to provide each parent with enough information 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.

***Thank You for joining us. We hope you have a wonderful adventure!***

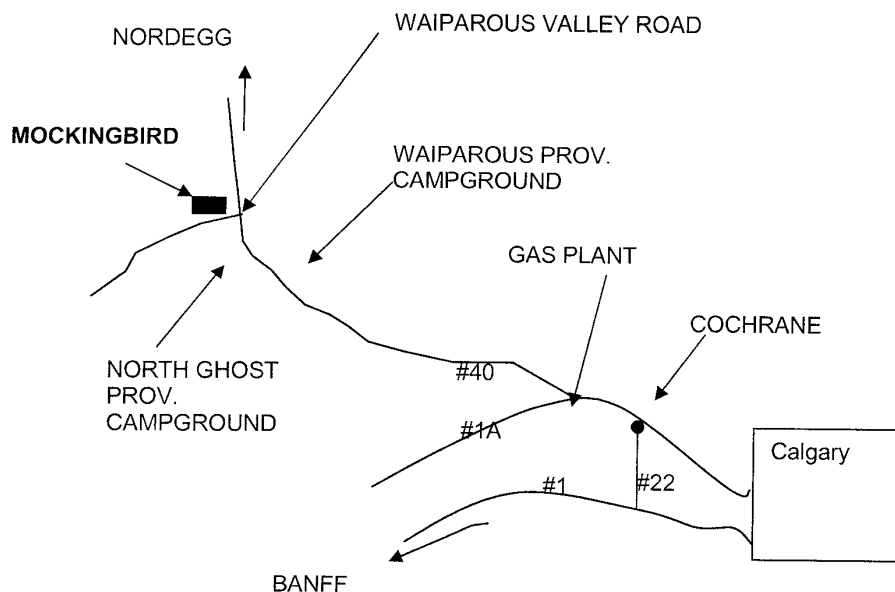
Busing is provided to and from camp for all girls, and at least one adult from each unit. Each unit may have one vehicle on site to bring camping gear and other adults from the unit.

## CAMP MOCKINGBIRD HOW TO GET THERE

NO PETS  
ALLOWED  
ON SITE

ALL BUILDINGS  
DESIGNATED  
NON-SMOKING

### CAMP MOCKINGBIRD PROSPECTUS

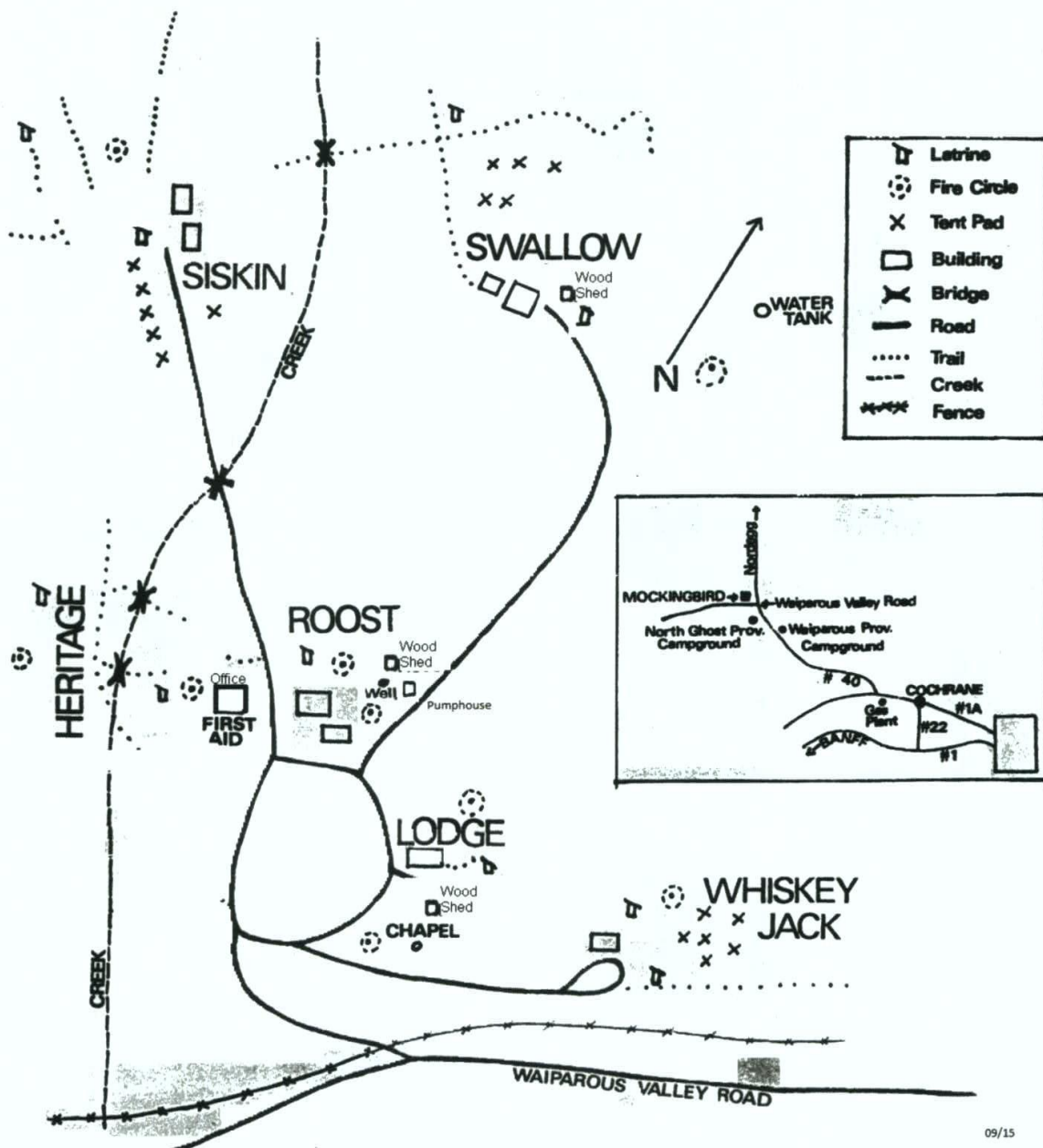


**LOCATION:** The campsite is located in the Ghost District of the Bow Forest near the Waiparous River. It is 93.34 km (58 miles) Northwest of Calgary and is reached by travelling the 1A highway 12.9 km (8 miles) west from the junction of Highways 1A and 22 at Cochrane, Alberta, then north for a total of 41.2 km (25.6 miles) on Forestry Trunk Road 40 (to Nordegg). After the North Ghost Recreation Area sign on the left, the road climbs a hill and then down for 1.3 km (.8 miles) - turn left (west) at the bottom of the hill onto the Waiparous Valley Road (sign posted). Travel .8 km (.5 miles) to the main gate of Mockingbird. location address: 283061 Hwy 40.

**TRANSPORTATION:** The trip takes less than two hours.

**CAMP MOCKINGBIRD SITE MAP**  
(Not to Scale)

**ALL BUILDINGS  
DESIGNATED  
NON-SMOKING**



Mockingbird - April 2017

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**THIS IS BEAR and COUGAR COUNTRY**