

GIRL GUIDES OF CANADA - CALGARY AREA

NITE TREK 2024



Circus: A Nite Under the Big Top

October 18-20, 2024
Camp Mockingbird

Ranger (and Ranger Parent/Guardian) Package

Welcome to Nite Trek! We are pleased that you are joining us on this adventure and hope you are excited as we are for this fantastic event. This package is designed to answer your questions about this year's 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 way to keep everyone on track and safe. While anyone on the trail is encouraged to rely on their night vision to hike and not use flashlights, flashlight or headlamp may be used if needed but they **MUST** be in red light mode or covered with red cellophane as to not impede their or other's night vision.

What is the Rangers' role at Nite Trek?

The Rangers play a crucial role at Nite Trek - they run the activities at the stations! As a Unit, they decide what the activity should be, gather the supplies and run it for each team that comes along. This means they are out on the trail first and return last – it can be a long night, but it is so much fun.

There will be an adult at each station with the Rangers and each station has a radio so they are in touch and can report any concerns throughout the evening.

At the stations, the Rangers give each team the instructions for the activity and judge them on how well they complete the task, how well they work as a team, and their team chant/song. You will also judge the teams on their politeness on asking to enter and leave the station.

The Hike

The first teams start the hike around 8 pm and the last teams start around midnight, and we expect that the hike will take about 3 hours to complete – therefore Rangers may be out until around 3:00 a.m.

Event Date and Times:

While the official Nite Trek event will take place from October 19-20, 2024, some units have chosen to come out to Camp Mockingbird on Friday evening (October 18). 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.

For units that are coming out on Friday evening, there will be buses leaving from the **Guide Centre** (2188 Brownsea Dr NW) on Friday October 18 at 6:00 pm. For units that are coming out on Saturday, buses will leave **Westmount Charter School** (2215 Uxbridge Drive NW) on Saturday October 19 at 12:15 pm

Buses will return to the **Westmount Charter School** on Sunday October 20, leaving camp no later than 11:30 am. Girls will be ready for pick up at **Westmount Charter School** at approximately 1:30 pm.

Theme

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

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	Flag Pole area outside Lodge
10:30 AM	Station Workers meet to choose station spots (Be prepared to hike the trail)	Office
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	Flag Pole area outside Lodge
5:00 PM	Opening Ceremony	Flag Pole area outside Lodge
5:30 PM	Dinner-staggered	Lodge
7:00 PM	Campfire	Chickadee Campfire Ring
8:00 PM	First teams step off (Stations must be ready)	FcOffice

Sunday

10:00 AM	Load U-haul	Flag Pole area outside Lodge
10:30 AM	Closing Ceremony & Awards Presentation	Flag Pole area outside Lodge
11:00 AM	Load Buses	Lodge
11:30 AM	Buses Depart for Westmount Charter School	Lodge
1:30 PM	Pick Up	Westmount Charter School (parking is limited, please 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.

CAMP KIT LIST

This is a list of things that you will need for your adventures at Nite Trek. These are general guidelines and a minimum of what you need to have for the weekend. Your leaders may have additional items to add to this list. Some of these items will also need to be taken in your daypack to your station. Please see the station 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 and are hard to fit on the buses.

- | | |
|--|---|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Water bottle 1L |
| <input type="checkbox"/> Extra blanket/sleeping bag liner | <input type="checkbox"/> 2 plastic mugs with lids |
| <input type="checkbox"/> Sleeping pad (ensolite pad) | <input type="checkbox"/> 2 spoons |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> 1 fork |
| <input type="checkbox"/> Small Stuffed Animal (optional) | |
| <input type="checkbox"/> Toque for sleeping | <input type="checkbox"/> Personal Kit (toothbrush, toothpaste, Kleenex, brush/comb, hair elastics, sanitary supplies) |
| <input type="checkbox"/> Mittens for sleeping | |
| <input type="checkbox"/> Loose socks for sleeping | |
| | <input type="checkbox"/> Small First Aid Kit (Band-Aids, alcohol wipes, moleskin, tensor bandage) |
| <input type="checkbox"/> Sturdy hiking boots | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> 4 plastic bags to use to line wet shoes | |
| | <input type="checkbox"/> Flashlight/head lamp with extra batteries |
| <input type="checkbox"/> Socks (minimum 4 pairs) | <input type="checkbox"/> Sit-upon |
| <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 and 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 while Pathfinders are not allowed to bring or wear any glow products as it may interfere with the ability of others to follow the trail (and cause the team to be disqualified), as Rangers you are welcome to, and encouraged to bring glow sticks and other glow products to further decorate your station as well as yourselves.

STATION 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 you should **wear or bring in a knapsack for the station.**

- ☐ Winter Jacket and Snow Pants
- ☐ Toque
- ☐ Mittens/gloves
- ☐ Extra socks (2 pairs minimum)
- ☐ At least two bread bags in case footwear gets wet

- ☐ Flashlight/headlamp covered with red cellophane (with extra batteries)
- ☐ Sit-upon
- ☐ Whistle

- ☐ Tarp to sit on
- ☐ Blankets or extra sleeping bag to stay warm

- ☐ 1 water bottle (1 litre) FULL!!!
- ☐ Personal First Aid Kit (including moleskin, Band-Aids, and a tensor bandage)

- ☐ Medication (if needed)

- ☐ Mug with lid for drinks
- ☐ Snacks (e.g. granola bar, beef jerky, etc.)

- ☐ Toilet paper, Ziploc bag and hand sanitizer

- ☐ WEAR: Winter Boots

- ☐ DRESS warm in layers

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

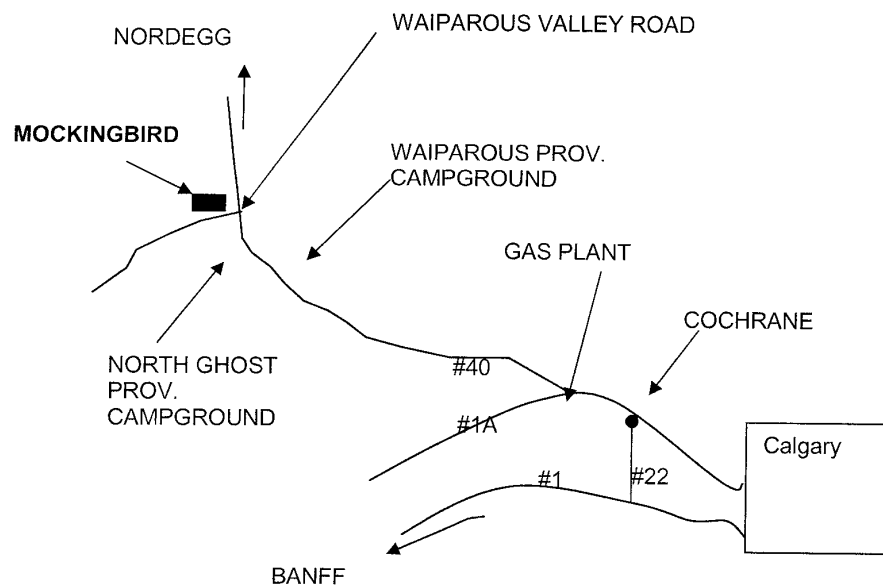
While busing will be provided to and from camp, should you need to come out, directions are as follows:

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.