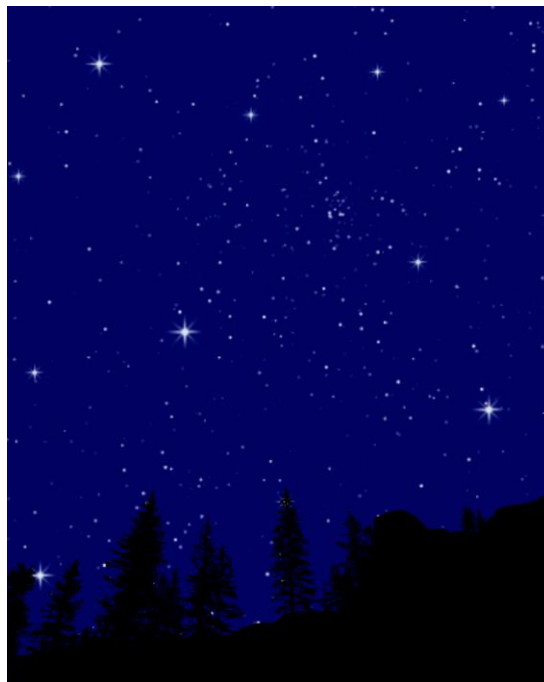


# Girl Guides of Canada - Calgary Area

## Nite Trek 2025



Nebula Nite: A Trek Among the Stars

October 17-19, 2025

Camp Mockingbird

### ***Pathfinder Parent/Guardian Package***

***Welcome to Nite Trek!*** We are pleased that you are joining us on this adventure. This package is designed to answer your questions about Nite Trek 2024 at Camp Mockingbird.

### ***Event Date and Times:***

While the official Nite Trek event will take place from October 18-19, 2025, some units have chosen to come out to Camp Mockingbird on Friday evening (October 17). The Opening Ceremony will be at 5:00 p.m. on Saturday, the Closing Ceremony will be on Sunday at 10:30 a.m.

Busing is provided to and from the event for all youth participants. All buses leave and will return to **Bishop Carroll High School** (4624 Richard Rd SW).

- Friday – Girls should be dropped off at 5:30 pm with the buses leaving at 6 pm
- Saturday – Girls should be dropped off at 11:45 am with the buses leaving at 12:15 pm
- Sunday – Girls should be picked up at 1:30 pm

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

Nite Trek is a fun night adventure hike designed as a team building experience for Pathfinders. The Pathfinders hike in teams of 4-7 (without an adult) and must complete challenges at stations along the way. 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.

At each station along the trail, the girls will be 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 (all flashlights/headlamps must have a red mode or be covered in red cellophane), leave garbage on the trail, and/or disrespect each other on the trail 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.

### ***The Hike***

The hike (starting at approximately 7 p.m.) will take 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 are a must). As we are in the mountain foothills, the night air can get cold and everyone should be prepared to stay warm and dry no matter what the weather. We anticipate the hike will take approximately 3 hours to complete.

### ***Water***

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

### ***Theme***

This year's theme **Nebula Nite: A Trek Among the Stars** is a SPACE theme. All participants are encouraged to wear theme related costumes.

## SCHEDULE

### **Friday**

*If your unit is coming out on Friday evening, busing information will be communicated to you by your Unit Guide.*

### **Saturday**

11:45 am	Girls arrive at Bishop Carroll High School to load the buses and UHaul
1:30 pm	Arrive at Camp Check-in Set-up
3:30 pm	Games & Activities
5:00 pm	Opening Ceremony
5:30 pm	Dinner
6:30 pm	Campfire
~7:00 pm	First teams leave on hike Optional unit activities

### **Sunday**

10:00 am	Load U-Haul
10:30 am	Closing Ceremony & Awards
1:30 pm	Pick up at <b>Bishop Carroll High School</b>

## **MENU** (subject to change)

Saturday lunch and Sunday breakfast will be organized by each unit. All food and snacks on site 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 your daughter 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. Your daughter's leaders may have additional items to add to this list. Some of these items will also need to be taken in her 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"/> Small First Aid Kit (Band-Aids, alcohol wipes, moleskin, tensor bandage)                     |
| <input type="checkbox"/> Toque for sleeping                      | <input type="checkbox"/> Whistle  |
| <input type="checkbox"/> Mittens for sleeping                    |   |
| <input type="checkbox"/> Loose socks for sleeping                |   |
| <br>   |   |
| <input type="checkbox"/> Sturdy hiking boots or winter boots     | <input type="checkbox"/> Flashlight/head lamp with extra batteries  |
| <input type="checkbox"/> 4 plastic bags to use to line wet shoes | <input type="checkbox"/> Sit-upon   |
| <br>   |   |
| <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 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 girls are not allowed to bring or wear any glow products as it may interfere with the ability of others to follow the trail. Any girls with glow sticks will have them confiscated at Step-Off. If they are caught with glow sticks while on the trail, they will be confiscated as well as 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 your daughter should **wear or bring in a knapsack for the hike.**

- ☐ 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
  
- ☐ 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
- ☐ Nut free snacks (e.g. granola bar, beef jerky, etc.)
  
- ☐ Toilet paper, Ziploc bag and hand sanitizer
  
- ☐ WEAR: Sturdy walking boots/shoes or winter boots
  
- ☐ DRESS warmly in layers

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