

## **Backyard Adventures**

### **2025 Provincial Guide Summer Camp**

This package has been designed to provide most of the information participants and parents will need to be prepared for the provincial Summer Guide Camp. Any additional information will be emailed to parents/guardians.

**Event start/end:** Guides should be dropped off on **Sunday, July 20** between 1 p.m. and 2 p.m. at Camp Jubilee in Cochrane, Alberta (see attached map). The gate will not be open before 1 p.m. to allow time for Guiders to be set up and ready for the Guides to arrive.

Guides should be picked up **on Saturday, July 26** between 11:00 a.m. and noon. The girls will not have had lunch, but there will be a snack available for them to take on the road.

**Program overview:** This camp will be a great opportunity to have fun outside and celebrate all the things we can do to have fun in the summertime. Think games, crafts, exploring our towns, meeting new friends and generally having fun outside. We will also be taking a day trip or two – the details will be shared when activities have been confirmed. See the attached for a sample day plan.

**Kit list:** Attached is the kit list for the event. Essentially, Guides need to be prepared to be outside for the whole week in all kinds of weather (sun, rain, wind, etc.) as we have limited shelters available to us.

**Food:** The Guides will be cooking their own food– three meals a day! They will cook in patrols of 6-8 participants with a Guider supervising and helping where necessary. Everyone expected to help with preparing each meal, so they are learning different cooking methods. Other than accommodation for known allergies and dietary restrictions, we won't have a lot of flexibility on the food provided for each meal. However, please make sure your Guide knows that if she is ever hungry at the camp, she should let a Guider know as we can often provide an alternative.

**Transportation** during the event: We will use chartered school buses for out trips.

**Emergency contact number:** Philippa's cell phone number will be the emergency contact number for the event (403.815.9003). You can call or text this number in the case of an emergency. If you do not reach us, please leave a message and we will return your call as soon as possible. Please note that this is for emergencies only.

**Health and Medications:** If you are sending any medication to the event (prescription or over the counter medication), you must fill out and include an H.3 form with the full instructions on the medication. The medication must be in the original container labelled with the girl's name. If anything, else is required to take the medication (food, juice, spoons, etc), it must be provided in sufficient quantity for the entire week – refrigeration will be available. When arriving at the event, please check in

with the camp staff to provide all the details. Make sure that the health form brought to camp outlines any health or dietary restrictions so we can accommodate those needs. If there is any information that you feel would be beneficial for the camp staff to know before the camp, please reach out to [any-guidesummercamp@girlguides.ca](mailto:any-guidesummercamp@girlguides.ca) and we can set up a call.

**Forms:** We have attached the required forms for the event.

- Original, signed copies of the Health Form (H.1) and, if required, a Medication Plan and Administration Record (H.3) must be brought to the camp. Due to potential security issues with email, these forms **must not** be returned by email.

**Cell phones and other electronics:** There will be no availability for charging phones and other electronics, so they should not be brought to camp. Aside from the charging issues, camp is a difficult place for cell phones and other electronics, and they are at a high risk of being damaged and Girl Guides does not take responsibility for lost or damaged items. We know that these days it can be a challenge to be out of communication with family, but we assure you that if there are any issues with your Guide, we will reach out to you.

If you have any questions, please contact us.

Thank you,  
Philippa and Tamra

Philippa Wagner  
403-815-9003  
[Any-guidesummercamp@girlguides.ca](mailto:Any-guidesummercamp@girlguides.ca)

Tamra Dorma  
403-700-5317  
[Any-guidesummercamp@girlguides.ca](mailto:Any-guidesummercamp@girlguides.ca)

## Kit List

The Guides will be sleeping in tents and will be outside for almost all whole week. The following items will ensure they are prepared for the event. Items need not be new and should be labeled with the Guide's name. Items should be brought to camp in a backpack or duffle bag (no suitcases) and a waterproof bedroll.

- \_\_\_ 1 WARM sleeping bag
- \_\_\_ 1 sleeping mat (thermarest, ensolite pad or other foam sleeping mat – no air mattresses)
- \_\_\_ campfire blanket
- \_\_\_ 1 small pillow
- \_\_\_ 2 pairs pyjamas (2 piece preferred)
- \_\_\_ 2 water bottles (one for water and one for juice)
- \_\_\_ 1 day pack
- \_\_\_ 1 warm jacket
- \_\_\_ toque and light mittens/gloves
- \_\_\_ 1 raincoat and pants (must be waterproof NOT water resistant)
- \_\_\_ 1 pair rubber boots or other waterproof footwear
- \_\_\_ 1-2 pair good walking shoes/runners/hiking boots (no sandals, crocs, flip flops or open toed shoes)
- \_\_\_ socks and underwear for duration of event
- \_\_\_ 4-5 t-shirts (no tank tops or other sleeveless shirts)
- \_\_\_ 3 sweatshirts/hoodies
- \_\_\_ 4 pairs of pants (no jeans)
- \_\_\_ 2-3 pairs of shorts
- \_\_\_ 1 set of uniform (shirt, scarf, badge sash)
- \_\_\_ 1 swimsuit, towel and small container of shampoo
- \_\_\_ 2 plastic garbage bags (for wet and/or dirty clothes)
- \_\_\_ 1 hat with a brim
- \_\_\_ 1 flashlight/headlamp and spare batteries
- \_\_\_ books or other quiet activities
- \_\_\_ 1 Personnel Kit (soap, facecloth, small hand towel, toothbrush, toothpaste, plastic cup, hairbrush or comb, hair elastics, lip balm, Kleenex, shampoo, sunscreen, insect repellent)
- \_\_\_ Baby wipes (2-3 per day for washing as we won't have access to showers)
- \_\_\_ Camp dishes – non-breakable plate, bowl, mug, knife, fork and spoon, brought and stored in a mesh or cloth bag
- \_\_\_ Sit upon

### Optional

- \_\_\_ camera, plus spare batteries or charger
- \_\_\_ sunglasses
- \_\_\_ 1 small stuffie (no larger than your head!)
- \_\_\_ traders
- \_\_\_ case for storing glasses at night

## Sample Day Schedule

7:30	Rise and Shine
8:00	Breakfast, clean-up, duties
9:30	Flag
10:00	Morning Activities
12:00	Lunch and clean-up
1:30	Afternoon activities
4:00	Free time
5:30	Dinner, clean-up, duties
7:00	Wide games
8:00	Campfire
9:00	Snack
9:30	Get ready for bed
10:00	Lights out

