# Program Schedule

#### Friday

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| **7:30pm** | Registration Opening (Campers arrive at camp having eaten dinner, or come with a packed dinner).   * Hand out name tags * Set up bunk beds |
| **8:00** | Opening   * Welcome and introductions (Guiders, First Aider(s), Quartermaster(s) * Safety (rules, boundaries, etc) |
| **8:30** | Mug Up and Sing-A-Long |
| **10:00** | Lights Out |

#### Saturday

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| **7:30am** | Wake Up |
| **8:00** | Cook Breakfast & Clean-up |
| **9:30 – 10:30** | Activity 1 |
| **10:30** | Snack |
| **10:45 – 11:45** | Activity 2 |
| **12:00 – 1:30** | Cook Lunch & Clean-up |
| **1:30 – 3:30** | Activity 3 |
| **3:30** | Snack |
| **3:45 – 4:45** | Activity 4 |
| **5:00** | Cook Dinner & Clean-up |
| **7:30** | Activity 5 |
| **8:30** | Campfire |
| **9:30** | Mug Up |
| **10:30** | Lights Out |

#### Sunday

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| **7:30am** | Wake Up |
| **8:00** | Breakfast & Clean-up |
| **9:30** | Pack up Camp & Lend-a-Hand Duties |
| **11:30** | Closing Ceremonies, Guides Own, and Photo Op |
| **12:00 noon** | Depart from Camp |

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# Tentative Kit List

**Wear to and from camp:**

* Waterproof, breathable jacket and pants
* Waterproof and insulated boots (such as Sorels, hiking boots, or winter boots)
* Gaiters (to prevent snow from getting into your boots, if your pants don’t cover their tops)
* Waterproof, lined mittens
* Toque or balaclava

**Sleep System:**

* Liner socks and warm socks (make sure they don’t make your boots too tight, and you can wiggle your toes)
* Mid-layers (fleece sweater, lightweight long-sleeved shirt, lightweight non- cotton pants or tights)
* Base-layers (long underwear)
* Consider wearing a waterproof poncho over everything if it’s raining
* A fleece or wool blanket
* Warm sleeping bag(s)
* Lightweight fleece liner.

**In a small knapsack (school-bag sizes or smaller):**

* Extra pair of mittens
* Extra pair of socks
* Extra tuque
* Water bottle
* Sit-upon
* Headlamp and extra batteries
* Whistle
* Personal first aid kit
* Hand and foot warmers
* Sunglasses
* Lip balm (with SPF) and sunscreen

**Equipment**

* Dry sack
* Sleeping bag
* Pillow
* Mittens
* Toque
* 3 pairs of warm socks
* 1-2 extra sets of mid-layers
* 1-2 extra sets of base-layers
* Underwear/bra (non-cotton)
* Pajamas (wool, fleece or synthetic)
* Booties (to wear inside the tent)
* Plastic bag or stuff sack for wet clothing
* Toiletries (travel-size hand sanitizer, ½ roll of toilet paper in a Ziploc bag, deodorant, hair brush, toothbrush, toothpaste, feminine products, tissues)
* Medications
* Dishes in a mesh bag with a carabiner (insulated mug, bowl, spork or fork spoon and knife
* \*Bag labeled **DIRTY CLOTHES**

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| **Possible Indoor Activities** | **Outdoor Activities:** |
| * Learn about and preventing Hyperthermia and Hypothermia * Learn about and how to properly fit snow shoes * Practice building and lighting a fire in the snow * Learn about preventing and treating frostbite * Play a Kim’s game with items that you need to take on a Winter Camping trip * Water proof your matches * Prepare a ‘change of plans activity’ to do on a rainy or snowy day * Winter Camp First Aid & Care Jeopardy | * Go cross country skiing, snowshoeing or tobogganing/tubing * Have a jello hunt in the snow * Look for wildlife/signs of wildlife and trace or make casts of the animal tracks * Make an ice/snow sculpture * Make snow angels * Build a Quinzee * Make a snowman * Take a picture of campers with G.G.C. cookies * Look at the night sky and find 3 constellations * Men in White * Snow Snake * Snow Blind * Pancake Race on snowshoes * The Snow Amazing Race * Camouflage * Winter scavenger hunt |