Schedule Rough Outline
Friday

5pm - 6pm Guiders Arrive

6pm - 8pm Girl Arrival, Registration and Set Up Tents

8pm - 9:30pm Welcome Camp Fire, Mug Up and Evening Activities

9:30pm - 10pm Get Ready for Bed

11pm - 7am Quiet Hours

Saturday

7 am Up, Eat and Get Ready

9 am - 1pm Activities (1.5 hour sessions)

1pm Lunch

2pm-6pm Activities (1.5 hour sessions)

6pm Dinner

7pm - 9pm Camp Fire, Mug Up and Evening Activities

9pm - 9:30pm Get Ready for Bed

11pm - 7am Quiet Hours

Sunday

7am Up, Eat and Pack Up

9am - 12 pm Park Canada National Historic Site Activities

12pm Lunch Soup and Sandwich

1 pm Girls Depart

Activities

**Off-site Activities**

**Rate 1 to 4**

* **Canoeing \****Swim/Boat test will be required prior to camp*

Embark on a serene canoeing adventure, gliding through calm waters while taking in the beauty of nature. Learn basic paddling techniques, safety guidelines, and how to navigate waterways. This activity promotes teamwork, balance, and an appreciation for the natural environment.

* **Hike and Plant Identification**

Explore the great outdoors on a guided hike that combines adventure with education. Along the trail, discover local plant species, learn about their uses, and gain insight into the surrounding ecosystem. This hands-on experience fosters a deeper connection with nature and enhances observation skills.

* **Flippin Out Gymnastic Gym**

Jump, flip, and tumble at Flippin Out Gymnastic Gym! Enjoy open access to gymnastics equipment, including trampolines, balance beams, and mats. This self-guided experience encourages creativity, active play, and confidence-building in a fun, safe environment.

* **Horseback Riding and Willow Walk \****Pathfinders and Rangers 12 and up*

**(this activity will only run two sessions and will be all morning and all afternoon so you will only do 2 onsite activities)**

Saddle up for a scenic horseback riding experience! Enjoy a guided ride through peaceful trails, connecting with nature and these gentle animals. Perfect for beginners and experienced riders alike, this activity promotes confidence, balance, and a sense of adventure. Take a leisurely walk among willows and learn about their natural beauty and uses. Afterward, gather materials to create a willow craft, blending creativity with nature. This hands-on activity encourages mindfulness, appreciation for the environment, and artistic expression.

**On-site Activities**

**Rate 1 to 8**

* **Yoga and Axe Throwing**

Experience the perfect balance of relaxation and excitement with Yoga and Axe Throwing. Begin with a peaceful yoga session beside the water, flowing through gentle stretches and breathwork to promote mindfulness and flexibility. Then, shift gears and test your aim with axe throwing, combining focus and fun in a safe, guided environment. This unique activity blends calm reflection with an adventurous twist.

* **Geocaching**

Embark on a modern treasure hunt with geocaching! Using GPS coordinates, participants search for hidden caches while exploring the outdoors. This interactive adventure promotes teamwork, problem-solving, and a sense of discovery.

* **Gnomes**

Let your creativity shine by crafting your very own gnome! Using a variety of materials, participants design and assemble these whimsical creatures, perfect for decorating or gifting. This hands-on activity encourages imagination and artistic expression.

* **Dreamcatchers**

Weave your own dreamcatcher, a beautiful symbol of protection and positivity. Learn the traditional techniques of wrapping, beading, and webbing while creating a one-of-a-kind piece. This calming craft promotes mindfulness and creativity.

* **Paint and Sip with Paint By Night**

Tap into your inner artist during this guided painting session with Paint By Night. Sip on refreshing juice while following step-by-step instructions to create your own masterpiece. No experience needed to enjoy this fun, social, and creative atmosphere.

* **Movie Makeup**

Transform into a star with Movie Makeup! Learn the art of special effects and stage makeup, from glamorous looks to spooky designs. Guided by step-by-step instruction, participants will experiment with makeup techniques to create their own cinematic masterpieces. This hands-on activity sparks creativity and imagination, perfect for all skill levels.

* **Capture the Flag**

Immerse yourself in an epic game of Capture the Flag played among life-sized fort replicas! Strategize with your team to defend your base, sneak through enemy lines, and capture the opposing flag. This thrilling outdoor adventure encourages teamwork, communication, and friendly competition in a dynamic, immersive setting.

* **Wood Burning**

Unleash your creativity with Wood Burning! Learn the art of pyrography as you use special tools to etch designs onto wood. Guided by safety instructions, this hands-on craft allows participants to create personalized keepsakes while exploring a unique artistic medium.

Parkland Panorama – Kit List

EVERYTHING MUST BE LABELED

*ALL medications must come in original packaging and be labeled and handed in with WRITTEN instructions in a Ziplock bag at the time of arrival to the First Aid Lead.*

*(This includes melatonin, pain killers, vitamins, inhalers, cough drops etc.)*

***Please PACK only one bed roll, one duffel bag and a small day pack.***

***Please do not send:*** *gum, candy, makeup or jewelry (earrings and watches are ok)*

***Electronics:*** *There will be no place for girls to charge devices so please leave them at home. Guiders will be at each station and be able to take and share photos.*

***Footwear:*** *There will be a good amount of walking around the site so please wear comfortable shoes that have a closed toe and heel. NO SANDALS*

*Girl Guides of Canada is not responsible for any lost or stolen items*



***PACKED INTO A WATERPROOF BEDROLL:***

* Sleeping Bag
* Pillow
* Sleeping Mat - *NO AIR MATTRESSES*
* Camp poncho/Camp Blanket
* Pajama

***PACKED INTO A DAY PACK:***

* Filled, LABELED water bottle
* Flashlight - please check batteries and pack extra
* Sunscreen and Bug Spray
* Rain Jacket (A MUST)
* Rain Pants (A MUST)
* Hat (A MUST)
* Sunglasses
* Sit Upon
* Money For Site Shop (Sunday)

***PACKED INTO A DUFFLE:***

* Pants
* Sweater
* T-shirts (NO TANK TOPS)
* Underwear
* Socks
* Rain Boots
* Toiletries: *in a ziplock* toothbrush, toothpaste, hairbrush, hair elastics, etc.
* Dish Kit: *non-breakable items* in a Mesh Bag: large plate, bowl, cup, mug, spoon, knife, fork

Menu
\*snacks will also be provided between meals

Friday Night

Mug Up - Bannock

Saturday

Breakfast - Pancakes, Sausage and Fruit

Lunch - Soup and Sandwiches

Dinner - Pizza

Mug Up - Popcorn

Sunday

Breakfast - Breakfast Sandwiches

Lunch - Soup and Sandwiches

Map

