

Nite Trek 2026 - Pioneer Days

INVITATION & CAMP GENERAL INFORMATION

HOSTS: Girl Guides of Canada – Kootenay Area

WHEN: Friday, May 1, 2024 – Sunday, May 3, 2026

WHERE: 600 St. Mary Lake Road, Kimberley, BC, Canada (Camp Stone)

COST: \$35 CDN or \$28 USD per Trekker. No fee for adults.

DEADLINE: March 27th, 2026 ***Late registrations may not be accepted.

AGE: 12-18 years of age on the date (May 2nd, 2026) of the event OR Grades 6 through 12. ***Only registrants with a Health Form confirming their age will be scheduled on a Nite Trek Team. Younger youth can attend camp, but can not participate in the evening activities.

CRESTS: Each participant will receive one Nite Trek Crest.

SHIRTS & CAMP HATS: Shirts and hats to be ordered separately from Bob Learmonth, at an additional cost. Order form attached and orders due March 24 2026.

OPENING CEREMONIES: 3:00 pm, Saturday

Copies of O CANADA and the STAR-SPANGLED BANNER are attached.

Please take the time to teach them to your Unit or Troop.

CLOSING CEREMONIES: 9:00 am, Sunday (To allow an early start home.)

TREK INFO: This is a co-ed event. Mixed teams of boys and girls of similar age will be sent out on a marked trail in the dark to complete a 5-hour hike and team activities along the trail. There may be wildlife in the area, particularly bears. All food must be contained at each campsite and stored in vehicles when not in use. The hike is at night, on a well-marked trail. It is still early spring in the mountains with temperatures near or below freezing. Winter clothing is a must!

ACTIVITIES: Saturday activities within camp are being planned. Leaders – it is your responsibility to monitor your Trekkers and know where they always are. No one will be allowed to leave the site without permission once they are registered.

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REGISTRATION INFORMATION

Participants: Must be between the ages of 12 and 18 at the time of the trek. Age will be verified for all youth participants. Only those participants aged 12 and over by the time of the event will be placed on a Nite Trek team. Should be screened by their leaders and included based on their maturity, endurance, and team skills. Must be registered members of Girl Guides of Canada, Scouts Canada, Boy Scouts of America, or Girl Scouts of America. Must have appropriate parental permission based on the rules and guidelines of their own membership Organization. Trekkers will be assigned to teams prior to their arrival. Teams will consist of 6-8 trekkers, with no fewer than two girls or two boys per team. Trekkers who are 12 – 13 years old will go out on the earlier teams (prior to midnight). Trekkers who are 14 years old and older will go out later and do additional three stations in complete darkness (no flashlights, no fires, only glow sticks to mark the trail) – if you have an older trekker that you don't think can handle this, then please let us know with your registration.

Leaders: A minimum of FOUR adults must accompany each Unit/Troop (1 – Base Camp/Site Leader, 2 – Station Leaders, 1-Security Person). Responsibilities and expectations are explained on the following page. An additional Station Leader or Security Person must be provided if more than 15 trekkers are in the Unit/Troop. Adults must be 19 years of age or older. Adults should be prepared to stay awake for the majority of the night. If one of your adults is a driver and you have a long distance to travel, consider bringing an extra adult.

You will be required to mail the following paper: Your payment. One cheque for all your trekkers please, made payable to Girl Guides of Canada – Kootenay Area
Your health forms. Health forms are found in this package. H1 forms are for the adults. H2 forms are for the youth (please use these forms for the boys too, even though they say “Girl Member”) Two copies of each form are required for EACH person. Health forms MUST be received prior to the event. These forms can be scanned and emailed only if timing is an issue.

Mail payment and health forms to Makayla (**DO NOT EMAIL THESE**), Please mark envelope:

Makayla Attn: Nite Trek
2444 McLeary Cres N, Cranbrook B.C. VIC 5Z5

guidermakayla@gmail.com

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Leader Responsibilities & Expectations

For all Leaders - You must smile and have fun! Staying up the majority of the night is tough, and staying positive and energetic with little or no sleep is even tougher, but it makes all the difference to the success of Nite Trek. The kids look forward to this event all year. And it simply would not be possible without you. Your time makes the event possible but your attitude makes the event the spectacularly fun time everyone has come to expect. Please read the job descriptions below and select the one that you are confident that you can do and be happy doing. Flexibility, a sense of humour, patience, a good dose of understanding, and a willingness to have fun are necessary traits you need to help make Nite Trek the best guiding and scouting event of the year!

Base Camp/Site Leader – You must remain at your Unit/Troop’s campsite and remain awake until all your Trekkers have returned from the Trek. It is also your responsibility to make sure that your Trekkers are at the Team Check-in table 5 minutes before their scheduled departure time. **For members of Girl Guides of Canada, the Base Camp person MUST be a female.**

Station Leader – You must walk the trail to your assigned station and remain at the station until all Trekkers have been through (approximately 5 hours). There will be two adults at each station. You will need to take your own camp chair and lantern to the station, and anything else to keep you warm, dry, and comfortable. All station supplies will be at the station already, and will be picked up after the Trek is over. You will be required to set up the activity and pack up the station supplies after the last Trekkers are through. You will explain, monitor, and score the activity for each team that comes through. Shift start and end times vary based on the position of the station.

Security Person – You must walk the trail, paired with another adult. You will be assigned a departure time to start the trail. You are required to check in at headquarters at least ten minutes prior to the start of your shift to pick up a two-way radio, and safety vest. Please bring your own flashlight, headlamp, or lantern. Please make sure you are wearing good sturdy footwear. The trail is approximately 7 km (4.4 miles) long. During your walk you must check in with each station leader and with headquarters. You will be expected to escort sick, tired, or misbehaving Trekkers off the trail and back to headquarters. Trekkers are to stay on the trail at all times. It is your responsibility to help them with this.

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INFORMATION FOR TREKKERS (LEADERS AND PARENTS)

This is a co-ed event. Girls and boys will be teamed up and sent out by themselves on a well-marked, well-established trail in the dark. Teams will have 6-8 youth, at least two girls, at least two boys, and all will be within 2 years of each other in age.

The trail is a single track through the woods, where the youth may have to walk single file. It covers a variety of terrain, including heavily wooded, wide open, and hills. The trail will be marked with glow sticks, flagging tape, reflective stakes, and signs. Each youth will carry their own flashlight or headlamp. The trail is 7.3km total (5 km light side 2 km dark side) through the outside of town on flat terrain.

Along the trail, there will be 7 activity stations on the light side. Each station should be no more than a 15 minute walk from the previous station. Each station will be run by two adults. These adults will have lanterns, first aids kits, and two-way radios with direct access to headquarters and the first aid site. Half way along the hike will have a snack and warm drink for all participants. Depending on terrain, temperature, and weather, some stations may have small fires for warmth. All participants should be prepared to dress for winter weather and/or wet weather. Waterproof clothing is essential.

Older youth (14 years and older) will complete an extra section of trail and 3 more stations and will be required to do so without the use of any light whatsoever. The trail will be marked with red glow sticks. These provide enough signage to stay on the trail without affecting night vision. The stations along this part of the trail will not have lanterns or fires. Security teams of two adults will walk the trail at regular intervals, checking in with station leaders to make sure all teams stay on the trail and in the correct order. Security teams will escort sick, tired, or misbehaving youth back to headquarters.

There may be wildlife in the area. There will be no food allowed in tents or on the trail, other than at the food station, to minimize the attractants.

The first weekend of May in the BC Rockies can be cold. We have had snow at some Nite Treks in the past. The temperature during the trek is usually at or below freezing. Waterproof winter clothing, including a hat, and gloves is a must!

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Every youth participant should have and bring on the trek:

- A flashlight or headlamp
- Extra batteries (batteries die very quickly when it is cold)
- Backpack
- Travel mug (for a hot drink at the food station)
- Bowl with a spoon
- Small first aid kit
- Good shoes or hiking boots (waterproof preferably)
- Hat and mitts/gloves
- Waterproof and warm outerwear (good for snow AND rain)
- Water bottle
- We will always encourage bringing the “10 essentials” if your unit has the gear and knowledge about it!

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CAMP LOGISTICS

Water:

Potable water will be available, but may have to be transported by vehicle or wagon. There are no flush toilets, running water or showers available at this site. So Be Prepared!

Toilets:

There will be outhouses on site! Please respect these shared spaces and clean up after yourself. Please notify headquarters right away if there is a problem with any of these facilities. These facilities will not be monitored. If you use the last of the toilet paper, please come to HQ and get some. Please do not use the biffies for garbage or waste water disposal. You must bring your own waste water disposal containers.

Fire:

There will NOT be fire pits at the sites! It is recommended that you bring a propane fire pit due to high fire risk. Fires CANNOT be built on the ground. No bonfires allowed. No unattended fires allowed.

Self Sufficient Camp:

Each Unit/Troop is to set up their own self-sufficient camp and provide their own meals.

Boundaries:

All participants (adults and youth) are required to stay within the boundaries of the grounds at all times during the weekend. Anyone who needs to leave the site must check-out at headquarters and check-in upon return. There may be areas of the site that are marked as out of bounds to be used for particular activities or part of the trek. Please respect these boundaries. The trail is off-limits to all youth prior to the Trek. Adults may walk the trail on Saturday morning if they wish. Please check in with headquarters prior to beginning the hike and when you return.

Smoking:

There will be a designated smoking area for ADULT use only (behind headquarters). There is no smoking anywhere else during the event!

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NITE TREK RULES

Guide/Scout Law is in effect all weekend. Note that our Safe Guide Guider will be the final authority on any decisions regarding the safety of the Trek, trekkers or trail. She will enforce the Safe Guide - Guiding's risk management procedure manual. Copies are available via e-mail; please contact Makayla Gallina if you wish one (guidermakayla@gmail.com).

Each unit/troop is self-sufficient. Please bring all necessary equipment/food needed to run your camp. Water will be provided, locals please bring your own water if possible!

Participants should be screened by their leaders on the basis of maturity, physical fitness and co-operative attitude. Also make sure your adult volunteers are "fit" for the job they have agreed to do (Example: they can't be afraid of the dark or unable to hike). Leaders are responsible for the behavior of the youth in their unit/troop. Special Needs trekkers who cannot be integrated will be the first group out. An adult must be signed up and willing to go out with their participant.

Vehicles are to be parked in allocated parking areas.

Outhouses are NOT garbage or waste water disposals. Please bring your own Liquid Disposal Pits.

Smoking areas ADULT "ONLY" (19+ year olds) will be provided. Behind headquarters out of sight from the main camp.

DRUGS AND ALCOHOL are STRICTLY PROHIBITED. Violators will be sent home.
Trekkers and Adults

Co-ed activities – no "boys in the girl's tents or vice versa!!" Violators will be sent home.

Campfires are not available unless your unit brings a CSA approved propane fire pit.. No bonfires please. No unattended fires.

Showers will NOT be available for this weekend.

If anyone (including Adults) need to leave the trek site for any reason they must notify the Nite Trek staff.

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Once on the trail, team members must remain together, NO SWITCHING TEAMS. If a trekker gets sick or feels they need to stop, THEY MUST WAIT FOR SECURITY TO ESCORT THEM BACK to Base Camp.

ADULTS ON THE TRAIL: only authorized personnel will be allowed on the trail.

AGENDA

Friday

6 pm – 10 pm Registration camp set up

Saturday

12:00 pm last minute check ins!

3:00 pm Opening Ceremonies

3:30 pm Group Photo

3:45 pm Station Leaders Meeting at HQ

4:00 pm Security People's Meeting at HQ

4:15 pm Base Camp/Site Leaders Meeting at HQ

4:30 pm to 7:00 pm HQ closed - staff is unavailable at this time unless an emergency

7:30 pm Nite Trek begins – check your group schedule for your exact start time.

Dress warm; bring a flashlight, a day pack with a full water bottle, and a travel mug. A snack will be provided at Station 5.

Sunday

9:00 am Award and Closing Ceremonies

10:00 am – 11:00 am Pack up and clean up camp site

Once you have read and understood the invitation package please respond to the email/contact guidersheila13@gmail.com if you'd like to attend and receive paperwork. Please note that this package and paperwork will be sent separately this year.

Thanks,

Kootenay Area Girl Guides