



Timber Trails Trail Riding Adventure Summer 2018



Camper & Parent Information

Welcome

Thank you for choosing Scouts Canada – Chinook Council as your summer camping activity. Scouting is the world's largest voluntary youth movement. Our summer programs are designed around the expertise and experience such a movement provides. Campers learn by doing, working in small groups and on individual tasks; and they are challenged to do their best while trying new activities.

Timber Trails Camp

Timber Trails Camp will be starting from and returning to camp Impeesa. Located offsite, we will ride approximately 4 hours to our base camp on Monday and return to Impeesa on the Thursday afternoon. There is no incoming phone line to camp, but the wranglers will have a satellite phone. For emergencies, please contact Camp Impeesa directly at 1-403-627-4805, leave a message and we will get back to you as soon as possible.

Expectations and Activities

A week at summer camp is an experience of a lifetime and with that come expectations from the camper, their parents, and the camp. We strive to provide a wide variety of program opportunities for our campers at Impeesa so it is important to discuss, as camper and parent, the key goals you want to achieve at summer camp and what you expect your session to be like. Each camper will have a different and individual experience from another and we recommend having an open mind and being flexible.

With a wide number of activities available campers can expect to participate in a selected number and will not be able to try all during their 6 day session. Certain activities have participant restrictions based on a number of factors which could include age, weight, equipment availability, time, and adverse weather conditions. For a number our programs Campers will decide as a tent group which activities they will participate together.

We know that campers of all levels want to experience all that camp has to offer and we want campers to return excited to try new things each summer. For our Scouts, as part of the Canadian Path program we see our camper's progress and build experiences as they continue to grow in the Scouting program.

Please take a look at our camp webpage where you can find detailed information regarding any specific activity in our Trail Cards section.

Transportation

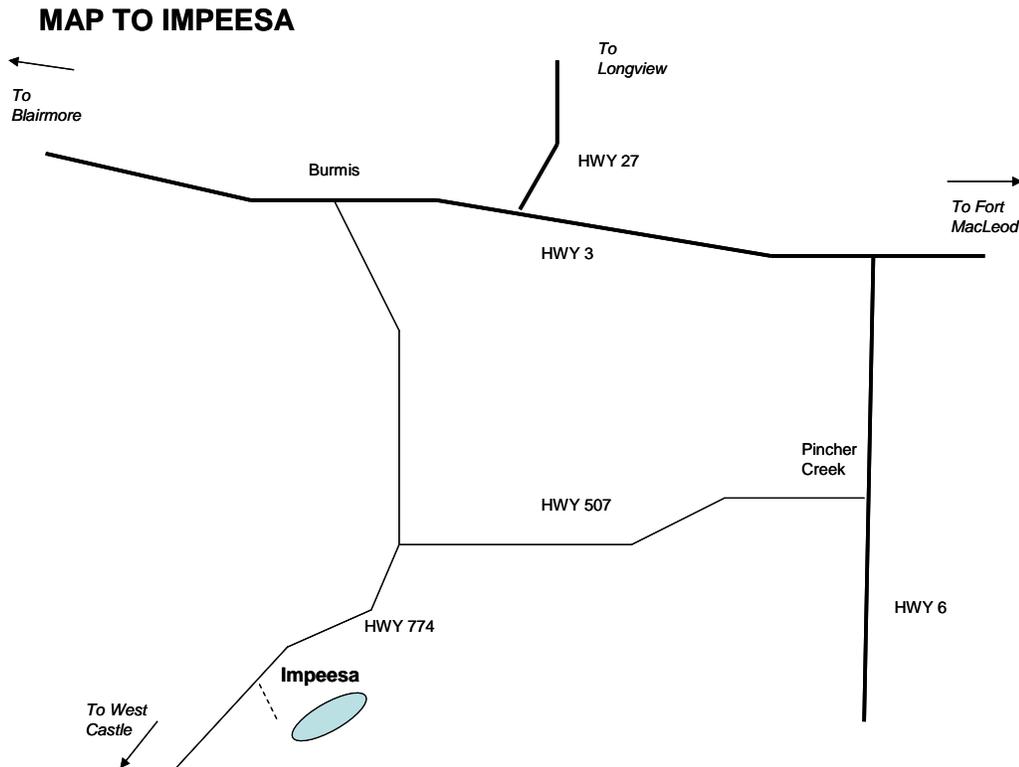
All Campers have the option to travel to/from Camp Impeesa on a bus departing from the Calgary Scout Centre with a stop in High River and Fort McLeod each week of summer camp. You would have chosen the bus option at the time of registration on our webpage.

Bus service for Lethbridge and Medicine Hat is not scheduled for summer 2018 due to low demand over the past number of summers. We encourage parents to arrange drop off and/or pick up at one of our other locations if a bus is not available in your direct area.

We are happy to arrange a bus for Lethbridge or Medicine Hat if enough demand is indicated.

Parents who wish to provide their own transportation for their youth to/from camp must let the Calgary Scout Centre know as soon as possible; please email prairies@scouts.ca.

Attached is a map showing how to get to Camp Impeesa. From Calgary it takes about 2 ½ hours, from Pincher Creek it takes about 40 minutes to reach camp. Please use the radio located at the front gate house to let us know you have arrived so we can direct you to the main parking area. The camp gate will be closed but is not locked, please proceed through the gate and close it behind you.



Going To Camp – BUS SERVICE:

Bus Runs weekly for Calgary / High River / Fort Macleod

Calgary:

When: first day of summer camp; Sunday

Where: **Calgary Scout Centre – 2140 Brownsea Drive NW, Calgary**

When: **11:40 AM** for check in. The bus will depart at **12:00 PM sharp**.

A camp staff member must talk to the parent dropping off the youth. They will confirm the youth is scheduled for the correct camp week and if the youth has any medications or other special instructions for the youth. Please be on time to allow for check in and loading of the bus to go smoothly. Parents should help with loading of youth baggage.

High River:

When: First day of summer camp; Sunday

Where: **Heritage Inn at 1104 11 Ave. SE, High River**

When: The bus is estimated to arrive at **1:00 PM** on Sunday. Please make sure you arrive 15 – 20 minutes early. Traffic, weather, road conditions could change the times slightly.

Fort Mcleod

When: First day of summer camp, Sunday

Where: **LDS Church at 643 20th Street**

When: The bus is estimated to arrive at **2:00 PM** on Sunday. Please make sure you arrive 15 – 20 minutes early. Traffic, weather, road conditions could change the times slightly.

Parents should provide a small and easy snack for the bus ride to Camp Impeesa. This snack must be NUT FREE. Dinner will be served once campers arrive at camp around 5:00 PM.

Parents Driving to/from Camp

We ask that the youth arrive at camp on Sunday evening at **4:00 PM**. Please DO NOT arrive any earlier as camp staff will not be available to supervise youth before 4:00 PM. Please be sure that you have sent in or have with you all required medical forms and medication to be turned in to us. Dinner for youth will be served at **5:00 PM**.

If you are going to be picking up your youth from camp please plan to do so on Friday at **2:00 PM**. Please early as the camp staff needs to prepare for the next weeks camp.

Campers cannot be picked up at camp without prior written notification to the Calgary Scout Centre (prairies@scouts.ca) or the on-site camp office. This notification must come from the person who signed the camper's physical fitness form.

Departure From Camp – BUS SERVICE:

Pick up locations are the SAME as the drop off locations for Fort Mcleod, High River, and Calgary. See above for details.

When: Last day of summer camp, Friday

When: Campers will depart Camp Impeesa on Friday at **2:00 PM**

Fort Mcleod – For those picking up in Fort Mcleod, the bus is estimated to arrive at **3:30 PM** on Friday. Please make sure you arrive early to pick up youth as the bus must continue on to Calgary.

High River – For those picking up in High River, the bus is estimated to arrive at **4:30 PM** on Friday. Please make sure you are early to pick up youth as the bus must continue on to Calgary.

Calgary – For those picking up in Calgary, the bus is estimated to arrive at **5:00 – 5:30 PM**. Parents **MUST** arrive between **4:45 – 5:15 PM** to pick up their youth. If you are going to be late you must make arrangements for your youth to be picked up by an approved parent.

For camp updates including bus information please go to...

<http://campimpeesa.ca/for-parents/updates-from-camp/>

It is important to note that navigation devices and programs like Google maps on your smartphone may not accurately direct you to camp.

We suggest printing out the map included in this document or mapping your route online using the link on our webpage www.campimpeesa.ca

Program Overview

Timber Trails campers will arrive at Impeesa on Sunday and spend the evening getting to know each other and having fun. Starting Monday morning through Thursday evening, the campers find out what it takes to own a horse. Their daily duties include morning feeding, brushing, saddling and then the fun begins! We ride as individuals, learn some basic ground manners and expectations for riders and horses, even play with foals teaching them to lead, pick up their feet and so on. Thursday evening will include a traditional formal Scouting campfire at camp. Friday we will conclude camp with Camp Impeesa activity options and a closing ceremony before youth return home.

When we are not at Impeesa, youth will be cooking their meals over a fire or on cook stoves.

Equipment

ALL baggage is to be marked with the camper's name. All gear will be transported to the base camp via off road vehicle; please make sure it has been **waterproofed**. This can be accomplished by packing everything in a heavy garbage bag inside of your duffel or back pack. Campers will only be allowed 1 duffel or back pack for the time at the horse camp. Campers may leave a set of fresh clothes and other items at Camp Impeesa for their return to camp. We recommend that campers bring **old clothes** to camp. Please **label** all clothing and personal articles with the camper's name. Make a careful check of the enclosed **equipment list** to ensure you have included all items. This list is the minimum required. It is very important to bring a raincoat, rain pants or slicker, waterproof footwear and a warm sweater *and* windbreaker. Please see the section regarding footwear for riding.

In keeping with our wilderness environment campers DO NOT bring electronic games, expensive cameras, cell phones or other valuable items. Uniforms may be worn to and from camp, campers will be provided with a camp necker and tshirt.

Medication – IMPORTANT

If your camper requires any medication while at camp, it must be in its original packaging and delivered to the staff conducting the check-in at camp with directions for use. The directions should be as follows: Camper's name, type of medication, dosage, treatment and reason for medication. For example: John Smith, Ibuprofen, one tablet at bedtime with water, for inflamed knee joint.

Badge Requirements

Many activities are centered on the Scouting program. At the end of the week, a letter outlining badge requirements completed at camp will be given to campers. Please bring this letter to your Troop Scouter to receive credit for the work done.

Camper provided Snacks or Food

Please **DO NOT** send any candy, chips, gum or the like. Impeesa and all surrounding areas are bear country and these only invite forest critters to visit the campsites. Nutritious snacks are also provided at appropriate times during the day.

A word about risks

Scouts Canada emphasizes safety through education and strict adherence to established policies and procedures. Your safety depends upon your attention to these procedures as well as being physically fit, properly equipped, and trained for the rigors of backcountry travel. Scouts Canada policies and procedures, if followed, will minimize these risks as much as possible. Parents, leaders and participants should be advised that despite our best attempts at risk management, it is not possible to remove all risk for a wilderness expedition.

Possible risks include (but are not limited to):

- motor vehicle accidents
- severe weather conditions such as hail, floods, lightning, heat, cold and high winds
- forest fire
- medical conditions such as heart attack, appendicitis, hypothermia, severe allergies and asthma or diabetes related conditions
- accidents such as cuts, burns or falls; risks associated with being on mountains
- encounters with wildlife
- sitting on electric wire fence (not allowed)
- Allergic reactions
- Injury related to the horses

Any horse, regardless of training and past behaviour, may act or react unpredictably at times based upon many factors including instinct or fright and may result in injuries caused by stumbles, falls, misplaced hoofs, kicking or biting. Collisions with other horses or riders; falling off horses, corrals or fences; failure to ride safely or within one's own ability; or use, misuse or failure of equipment may result in injury.

Medical evacuations and search and rescue services are coordinated by Scouts Canada in close cooperation with local authorities.

Please be sure that if your child requires medication that they have everything they need!

Equipment List for Base Camp

- **Pack all equipment in a duffel or back pack. You should line this with a plastic garbage bag**
- **All articles are to have a name on them.**
- **Rain Gear must be waterproof!**

Bedding	
	Sleeping bag – at least a minus12 rating
	Sleeping pad – no open foam
	Pillow (small - if desired)
Clothing – Please send old clothes to camp	
	3 Pairs of long pants that fit under rain pants
	2 Warm sweatshirts and/or windbreaker
	8 T-shirts
	8 Pairs of socks
	8 Underwear
	1 Pyjamas
	1 Swim suit
	1 Rain Suit, including pants – no ponchos!
	Waterproof footwear – rubber boots
	1 old pair running shoes
	1 pair of hiking boots 1 pair of boots with a heel for riding – see notes below
	2 hats or caps – wide rimmed best
	1 long sleeve shirt
Toilet Articles – In a large Ziplock or toiletries bag	
	Beach towel, hand towel, face cloth
	Toothbrush in container, toothpaste, deodorant
	Environmentally friendly soap & shampoo in containers, washcloth
	Comb or hairbrush
Miscellaneous	
	Duffel bag or back pack for equipment. Only 1 per person
	Non-breakable mug
	Canteen or water bottle at least 1 litre – no camel back please
	Flashlight (with extra batteries & bulb)
	Insect repellent – non-aerosol only
	Sun screen and sunglasses, lip balm
	Plate, bowl, cup, knife, fork, spoon – and mesh bag
	OPTIONAL: Camera – not an expensive one
	Plastic bags for dirty laundry
	First aid kit/survival kit, whistle
	OPTIONAL: Compass
	OPTIONAL: Pocket knife
	Backpack liner

Some Notes on Equipment

1. **Footwear** - high top footwear with a heel. Hiking boots without a lug sole may be suitable. Footwear without a heel can be dangerous since your foot can slip through the stirrup. Runners are great camp shoes but are **NOT** allowed on your horse. Riding boots can often be found at thrift stores *Hint - be sure to have socks that come past the top of your boots or you may find that your leg gets rubbed raw.
2. **Rain Gear** - a slicker that splits at the back is best but not necessary. A two piece plastic rain suit may become slippery against the saddle when the saddle becomes wet. The fabric rain suits seem to be suitable. If you have gaiters, they would keep the water from running into your boots in a heavy rain. Plastic rain ponchos are not allowed. **Your rain gear needs to be waterproof not water resistant.**
3. Warm Clothing - plan to dress in layers. The mornings and evenings may be cool with the daytime reaching into the 20's and even the 30's. I have also pitched my tent in 4 inches of snow in both July and August. As long as you are prepared - it is incredible. I like to use the "T" shirt, denim shirt, fleece top, vest and jacket routine and then I peel from the outside. Jackets can be tied to the back of your saddle. The denim shirt is handy when going through the trees to prevent scratches on your arms and to prevent sunburn. Be prepared for sunny and hot, cold and rainy weather, and yes even snow!
4. Pants - whatever you wear on your legs should be comfortable. Jeans are often the choice piece of clothing. If you can wear them on your bike they should be ok to ride in. Make sure they are not too tight in the waist, butt or knee. Pants that zip off could cause severe chaffing. A flat seam on the inseam is the most comfortable. Stay away from zippers on the legs. Do they fit over your boots easily? Be cautious of slippery fabrics. Make sure you can lift your leg about 3 feet off the ground. This would be like getting into the saddle.
5. Gloves - these are a great idea. Leather is best but Lammles carries a synthetic riding glove for under \$15. Some cycling gloves work well. They are used to protect your hands on trees, keep you warm, to keep you dry and even to keep your hands clean. It is also a great idea to bring a pair of winter gloves in case it gets cold.
6. Bring your bathing suit! After a few days of nice hot weather and sweaty, smelly horses and lots of dust, the odor may get to you. Take your environmentally friendly soap, your towel and head for the closest water. Rather invigorating but it sure feels good and smells better too.
7. Water- be sure to include a water bottle or a combination of two that will give you at least one liter of water. A bottle with a pop top is easiest to handle while you are on your horse and no losing the cap while managing with one hand. The outfitter will provide a horn bag that you can put your water and camera in. Scouts Canada will provide a water purification system. Camel backs are awkward and can be dangerous to use on the horses.

Camper Emotional Well Being

At summer camp it is normal for your camper to experience times of homesickness and other emotional stresses. We know that having feelings of sadness from being away from home is a common and recognized emotion at camp. Our staff will work with campers through those times to encourage them to continue to enjoy the summer camp experience. If a camper is experiencing an ongoing stress we are happy to contact the parent to discuss the situation so they are aware. We encourage campers to stay at camp for the duration of the week and only have them leave camp early as a last result. Our camp director would speak with parents to make that final decision.

Camper Behaviour

All of the rules, regulations and procedures of camp will be discussed with all campers on the first evening of camp. Expectations for the week will be set out for campers to understand how we can make their stay at camp an enjoyable and safe one. Appropriate behaviours are always encouraged at all times and reminders of our scouting mottos will be emphasised. Bullying and any other ongoing inappropriate or unsafe behaviour will not be tolerated at camp. These types of actions do not encourage a safe and positive environment for campers. If this were to occur parents would be called and made aware of the behaviour and we would work together to resolve the issue. The camp director reserves the right to dismiss any camper who continually displays disruptive, unsafe or harmful behaviour. It is the parent's full responsibility to arrange transportation and pick up from camp for a camper who has been dismissed. We encourage parents to complete our 'Camper Personal Needs Form' if you feel you can provide any detailed information regarding your camper daily routines and behaviors. You can find this form on our webpage or through the council scout office if you did not receive it in your registration package.

Camper Dietary Requirements

Meal time at camp is one of our favorite parts of the day. We serve home cooked, buffet style meals throughout the summer from our commercial kitchen and dining hall. Campers can expect a variety of meal options especially at breakfast with both hot and cold options available. If your camper requires any specific dietary needs we are happy to try to accommodate as long as we have prior notice. If you have not submitted your 'Camper Dietary Needs Form' at the time of registration please do so as soon as possible so we are able to relay that information to our kitchen. You can find this form on our webpage or through the council scout office if you did not receive it in your registration package.

Camper Photographs

During the week of summer camp we will capture memories of your camper through photographs. If you do not wish for your child's photograph to be taken please let our registration office know prior to the start of camp. This is also indicated on your child's registration forms, please take the time to read this. We will try our very best to post photos of the summer camp experience daily on our Flickr account. If you do not see your child in a photo do not panic, it may be that we just did not get the best opportunity to capture them in action. Internet at camp can be slow at times so it may take us a few days to upload, please be patient. You can find the Camp Impeesa summer camp photos by going to the following address. www.flickr.com/photos/chinookcamps.

Lost & Found Items

Any camper items left at camp will be collected and sorted. If items are labelled with camper full names we will call parents to let them know about the lost item. Any unclaimed items remaining at camp by September 7 will be donated or kept for camp supply. We will not keep lost socks or under garments.

Camper Progression and the Canadian Path

Most activities at camp are centered on the Scouting program with a focus on specific Outdoor Adventure Skills levels. At the end of the week, a letter outlining those completed skills will be given to campers. Please bring this letter to your Troop Scouter to receive credit for the work done. We encourage parents to speak with their camper and scouters to update which skills they have already completed and which ones they think they would be able to work towards while at camp

Medication – Important

If your camper requires any medication (prescription or OTC – Over the Counter) while at camp, please complete the 'Medication Permission Card' below for each medication you are providing for your youth.

Put all medication, in original packaging, and 'Medication Permission Card' for each item in one ziplock bag labelled with your child's name. This **MUST** be given to staff conducting check-in at the bus or at camp.

Camp staff will not help administer any medication without a 'Medication Permission Card'.

Campers who are feeling unwell at camp will be able to call home to speak with a parent if need be.

Medication Permission Card Camp Impeesa – Chinook Council

Youths Name: _____

Medication:
Dosage:
Frequency:
Method:
Treatment and reason for medication

For example: John Smith, Ibuprofen, one tablet at bedtime with water, for inflamed knee joint.