



## **Impeesa Summer Camps Summer 2017**

### **Camper & Parent Information**

#### ***Welcome***

Thank you for choosing Scouts Canada – Chinook Council as your summer camping activity. Scouting is the world's largest youth movement. Our summer programs are designed around educational principles that our movement has developed during the past 107 years. Campers learn by doing, working in small groups and on individual tasks; and they are challenged to do their best while trying new activities.

#### ***Camp Impeesa***

Camp Impeesa is one of Canada's premier Scout Camps. It's location in the foothills of Alberta's Rocky mountains, 30 minutes from Pincher Creek in the Castle Special Area Wilderness gives it access to countless kilometers of trails for exploring and, "our mountain" – Table Mountain, is a challenge that just about every youth will want to climb.

Impeesa is just over 250 acres of wilderness space with two cabin villages, a tent village, dining hall, shower house, and training centre. The camp also has a number of backcountry tenting areas.

Camp Impeesa's office and emergency contact number is 403-627-4805. [www.campimpeesa.ca](http://www.campimpeesa.ca)

Parents can check our webpage under the 'Updates' tab to see live information regarding bus delays, weather concerns, and all other immediate camper concerns.

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

#### ***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.

A note about Overnights: One option choice activity at Impeesa is an opportunity to sleep out on an Overnight Adventure. For our Pika campers this is done on the camp property itself and is usually as simple as a night under the stars experience.

For our Bighorn and Grizzly campers this is a journey into the wilderness area near or just outside the camp property. As this is one of our choice activities we allow the youth in two tent groups decide if they would like to participate in an Overnight experience.

Not all campers may get a chance to go on an overnight most likely due to the decision of their tent group, severe weather condition or not having the proper clothing or equipment.

## Transportation

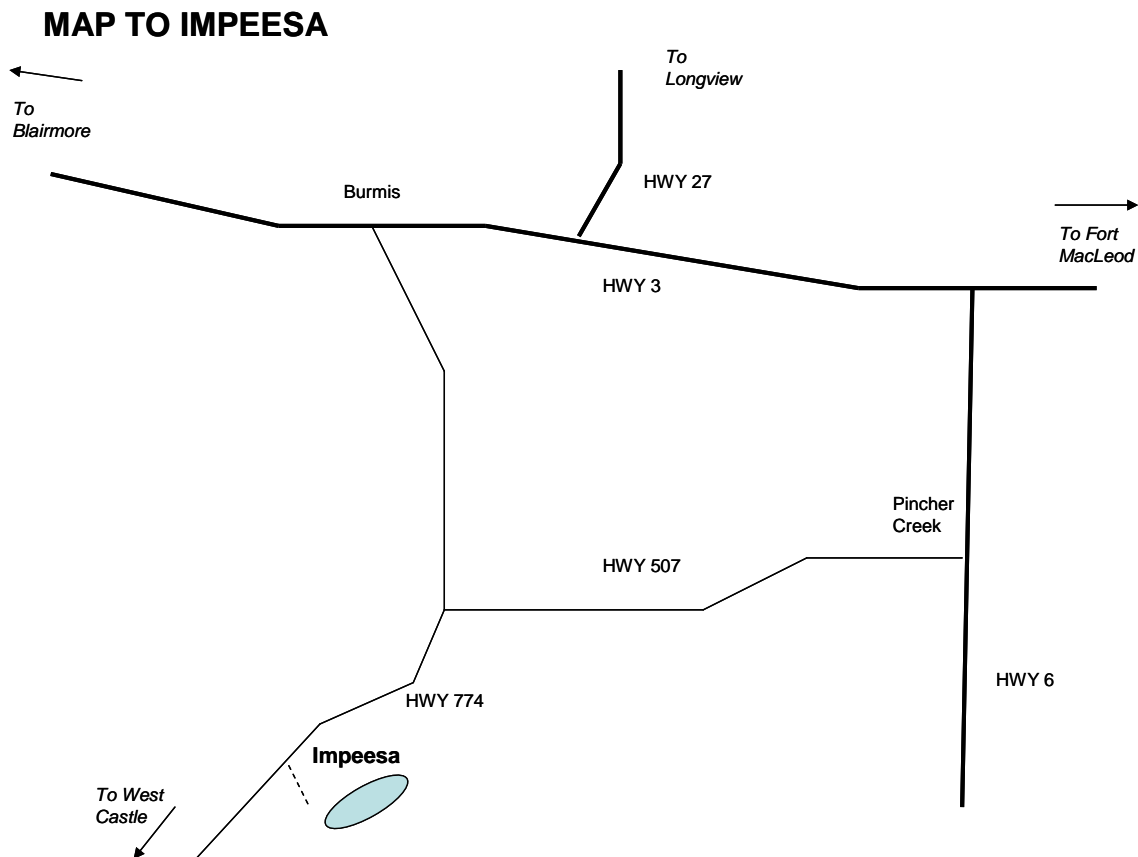
All Campers have the option to travel to/from Camp Impeesa on a bus departing from the Calgary Scout Centre with a stop in High River and Fort McLeod each week of summer camp. You would have chosen the bus option at the time of registration on our webpage.

Bus service for Lethbridge and Medicine Hat is not scheduled for summer 2017 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](mailto:prairies@scouts.ca).

Attached is a map showing how to get to Camp Impeesa. From Calgary it takes about 2 1/2 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 20<sup>th</sup> 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](mailto: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/>

## ***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](http://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.

## ***Canteen and Personal Snacks***

There is no canteen at camp. Please **DO NOT** send any candy, chips, gum or the like. Impeesa is in bear country and these only invite forest critters to visit the campsites. Nutritious snacks are also provided at appropriate times during the day

## ***Equipment***

**For Pika campers**, please limit baggage to two large duffel bags or similar, preferably one duffel bag and one small day pack. Space on the buses is limited. *See attached equipment packing list.*

**For Bighorn and Grizzly campers**, please pack all items in an appropriately fitted backpack. Campers must be able to carry this comfortably by themselves. Please limit baggage to one backpack and if needed a small duffel bag or similar. Space on the buses is limited. *See attached equipment packing list.*

## ***Equipment Packing List***

**ALL baggage and personal items** should be marked with the camper's name. Do not pack equipment in plastic garbage bags; it will not make it to camp intact and will not work well for backpacking for the scouts. We recommend that campers bring **old clothes** to camp.

Parent/guardians please do a pre-camp pack check with your youth to ensure all items from the equipment list are included. This list is the minimum required. It is very important to bring a raincoat, waterproof footwear, and a warm sweater or windbreaker.

A good backpack with a padded hip belt **is mandatory for Bighorn and Grizzly campers** along with a good pair of light hiking boots.

We are not responsible for any equipment that goes missing or gets broken at camp. Any lost and found items will be collected on the last day of camp to be held until an item is claimed or we reach the end of the summer. Please call the camp directly at 403-627-4805 to inquire about any lost and found items.

Cell phones have very limited signal available at Camp Impeesa and campers should leave them at home. Parent communication with the camp is best done via our camp office phone 403-627-4805 or email [bedwards@scouts.ca](mailto:bedwards@scouts.ca).

For Scouting youth, uniforms may be worn to/from camp. Campers will be provided with a camp neckerchief and t-shirt. Please make sure you have double checked your camper's t-shirt size as accurately as possible. If you need to make a change please contact the camp directly.

## Equipment Packing List for Summer Camp Campers

- **Do NOT send equipment in garbage bags**
- **All articles are to be labelled with camper's full name.**

<b>Bedding</b>		
	Sleeping Bag, mid – season recommended, not a summer bag	
	Campfire Blanket (optional)	
	Sleeping Pad, preferably no open foam, bunks and tents have wooden floors – All Campers	
	Pillow (optional)	
<b>Clothing – Please send old clothes to camp</b>		
	4 Pairs of shorts	
	3 Pairs of long pants	
	2 Warm sweatshirts and/or windbreaker	
	7 T-shirts	
	7 Pairs of socks	
	7 Underwear	
	1 Pyjamas	
	1 Swim suit	
	1 Raincoat and Pants, NO PONCHOS	
	Waterproof footwear – rubber boots	
	1 old pair running shoes	
	1 pair of light hiking boots	
	2 hats or caps – wide rimmed best	
<b>Toilet Articles</b>		
	Beach towels, hand towel, face cloth, washcloth	
	Toothbrush in container, toothpaste, deodorant (stick not spray)	
	Environmentally friendly soap & shampoo in containers	
	Comb or hairbrush	
<b>Miscellaneous</b>		
	Backpacking backpack – <b>mandatory</b> for Bighorn & Grizzly campers only – recommend between 45 to 60 litre size	
	Duffel bag for equipment not going on hiking trip	
	Day Pack – school bag type pack – for day hikes and around camp	
	Non-breakable mug –All campers	
	Water bottle – at least one	
	Flashlight (with extra batteries & bulb)	
	Insect repellent – non-aerosol only	
	Sun screen and sunglasses, lip balm	
	Mess Kit - Plate, bowl, cup, knife, fork, spoon, mesh bag – Bighorn & Grizzly campers ONLY	
	Camera – not an expensive one, extra batteries (optional)	
	Plastic bags for dirty laundry	HWY 22
	First aid kit/survival kit, whistle – Bighorn & Grizzly campers ONLY	
	Compass	
	Pocket knife, Bighorn, Grizzly campers who have earned their knife permit ONLY	

## **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'.

Camper's 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:

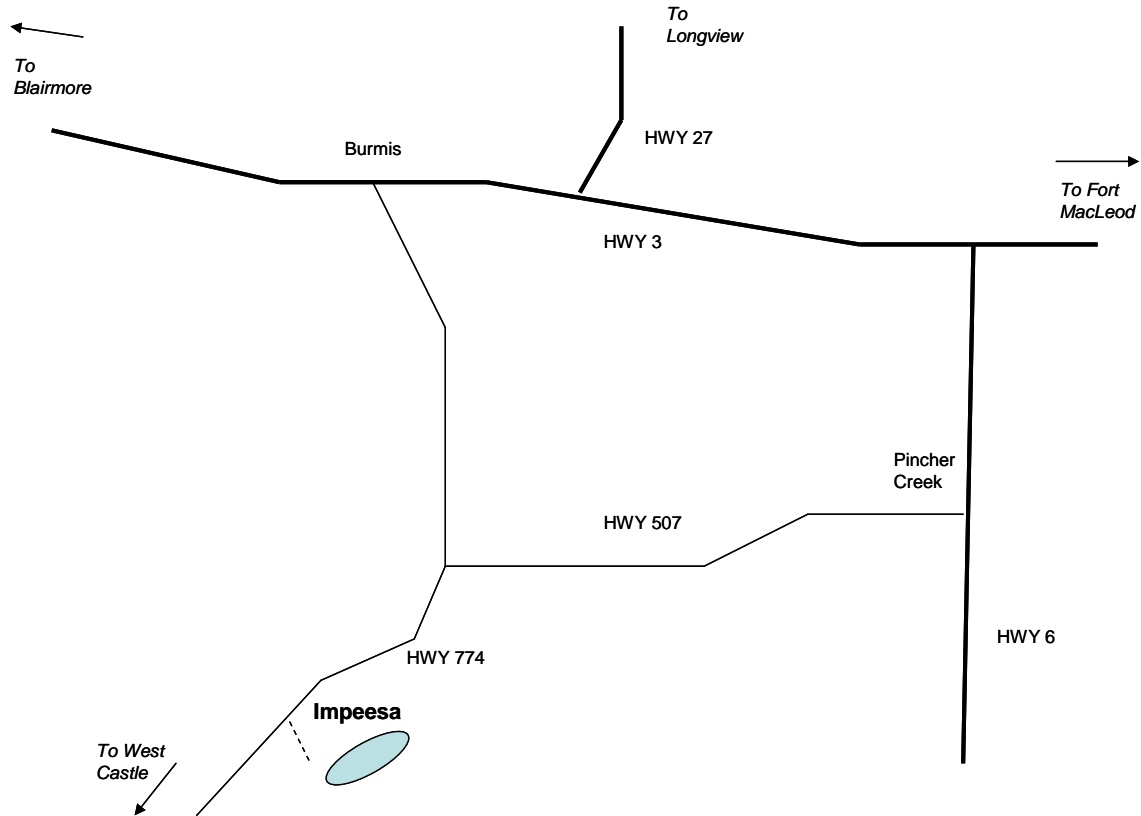
Method:

Treatment and reason for medication

I am the legal guardian of the above named youth and give permission for the following medication to be administered to him/her by camp staff during their stay at camp:

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

## MAP TO IMPEESA



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 this simple map or mapping your route online using the link on our webpage. [www.campimpeesa.ca](http://www.campimpeesa.ca)