



## **Backpacking Adventure Camp Summer 2019**

### **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.

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

From our homepage, parents can scroll down to see live information regarding bus delays, weather concerns, and all other immediate camper concerns.

#### ***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 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 of our programs, Campers will decide as a tent group which activities they will participate in 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.

### **Camp Forms**

Camp Forms must be completed and sent directly to the camp by emailing to [bedwards@scouts.ca](mailto:bedwards@scouts.ca) or mailed to Camp Impeesa, PO Box 3040, Pincher Creek, AB, T0K 1W0. **Camp Forms must be received at least two weeks before your child arrives at camp.**

- Camp Impeesa Medical Information & Medication Permission Card
- Camp Impeesa Personal Development Requirements (optional)
- Parent/Guardian Consent Form

### **Transportation**

All campers have the option to travel to/from Camp Impeesa on a bus departing from the Calgary Scout Centre (office and Scout Shop) with a stop in High River and Fort Macleod each week of summer camp. There is a separate fee for the bus. Please note that this is a roundtrip fee and there will not be a refund for travel one way.

The driving distance from Calgary to Camp Impeesa is approximately 2 hours and 30 minutes, from Lethbridge 1 hour and 30 minutes.

Maps showing the camp location and driving routes can be found on the Camp Impeesa website at <http://campimpeesa.ca/contact.html#location>.

### **Going to Camp – BUS SERVICE leaving on the first day of summer camp; Sunday**

Bus runs weekly for Calgary / High River / Fort Macleod

What if I miss the bus? If you are running late and miss the bus for your location you can try to meet the bus at the next stop or you will have to drive to camp to drop off your camper. The camp and the bus service is not responsible for late arrivals and will not hold the bus. Please plan ahead and arrive a little bit early on your session's departure day.

## Calgary

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

Time: 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. Parent should help with loading of youth baggage.

## High River

Where: Heritage Inn at 1104 11 Avenue SE, High River

Time: 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.

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. Parent should help with loading of youth baggage.

## Fort Macleod

Where: LDS Church at 643 20<sup>th</sup> Street, Fort Macleod

Time: 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.

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. Parent should help with loading of youth baggage.

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 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.

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

When you arrive at camp please drive through the camp gates and stay to the left to park in our main parking lot. You will be greeted by one of our camp staff for check in.

Maps showing the camp location and driving routes can be found on the Camp Impeesa website at <http://campimpeesa.ca/contact.html#location>.

### **Departure from Camp – BUS SERVICE leaving on the last day of summer camp; Friday**

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

Time: Campers will depart Camp Impeesa on Friday at 2:00 PM.

**Fort Macleod** – For those picking up in Fort Macleod, 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 arrive 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 on Friday. 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.

Camp updates including bus information/delays can be found on the Camp Impeesa website at [www.campimpeesa.ca](http://www.campimpeesa.ca); scroll down.

**Bus Delays** – It is important to note that delays do happen sometimes due to a number of factors; weather, traffic. We appreciate your understanding.

### **Camper Refund & Cancellation Policy**

Summer Camp Cancellations received prior to May 1, 2019 are entitled to a refund of 75% of the camp fees. Written notice of the cancellation is required. Send an email to [prairies@scouts.ca](mailto:prairies@scouts.ca) with the subject line Impeesa Summer Camp Cancellation. No refunds will be issued for non-medical cancellations after May 1, 2019.

A full refund minus a \$100 administrative fee will be granted for medical reasons only. Written notice of the cancellation as well as a Medical Certificate (doctor's note) is required. Send email to [prairies@scouts.ca](mailto:prairies@scouts.ca) with subject line Impeesa Summer Camp Cancellation.

Refunds will not be issued in instances where the camper is removed from the camp program at the choice or request of the camper or camper's parent(s)/guardian(s) or is dismissed from camp for infringement of camp guidelines or the camp code of conduct for behavior.

Camp Impeesa reserves the right to cancel programs by May 31, 2019 due to insufficient registration, in which case a full refund will be issued.

## ***Program Overview***

Backpacking 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 will get to know the ins and out of backpacking in the mountains while exploring the backcountry in the area. Their daily duties include morning camp chores, bear safety, hiking and exploring the areas around their backcountry campsite. Campers will learn about backcountry etiquette, Leave No Trace, camping skills, food preparation and working together as a team in the wilderness. Thursday campers will return to Camp Impeesa to join the rest of the summer camp for a traditional formal campfire. 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 on backpacking stoves in the backcountry.

## ***Camper Emotional Well Being***

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 enjoyable and safe. Appropriate behaviors are always encouraged. Bullying and any other ongoing inappropriate or unsafe behavior 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 behavior 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 behavior. 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 'Personal Development Requirements' form if you feel you can provide detailed information regarding your camper's daily routines and behaviors. You can find this form when you register your child for summer camp, on our webpage, or by contacting the Calgary Scout Centre at [prairies@scouts.ca](mailto:prairies@scouts.ca). Please check our Parent FAQ section of our webpage for further information.

## ***Camper Accommodation & Requests***

All of our campers will sleep in a large prospector, canvas wall style tent with a solid floor and covered metal roof. These are shared spaces and your camper will be assigned with other youth of similar age and gender. We are happy to make accommodation for those with any requested gender identity needs, please reach out to our camp manager at [bedwards@scouts.ca](mailto:bedwards@scouts.ca). We will be firm with camper ages so siblings and friends must sleep within their age groups. As for supervision, one thing that makes Impeesa unique is that our camp counselors do not sleep directly with campers in their tents. Counselors stay in their own shared wall tent within and close to camper's tent village. On the first night of camp, each tent will review with their counselors where they sleep and how to reach them during the night. This type of experience adds to our camper's growth and independence while at camp.

## ***Camper Dietary Requirements***

Meal time at camp is one of our favourite 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 (at least two weeks before your camper arrives). Please indicate any dietary

requirements on the 'Camp Impeesa Medical Information' form. You can find this form when you register your child for summer camp, on our webpage, or by contacting the Calgary Scout Centre at [prairies@scouts.ca](mailto:prairies@scouts.ca).

### **Medication – Important**

If your camper requires any medication (prescription or OTC – Over the Counter) while at camp, please complete the 'Medication Permission Card' for each medication you are providing for your youth. You can find this form when you register your child for summer camp, on our webpage, or by contacting the Calgary Scout Centre at [prairies@scouts.ca](mailto:prairies@scouts.ca). Put all medication, in original packaging, and 'Medication Permission Card' for each item in one zip lock 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.

### **Camper Photographs**

During the week of summer camp we will capture memories of the campers through photographs. If you do not wish for your child's photograph to be taken please indicate this when registering your child for summer camp. We will try our best to post photos of the summer camp experience daily on our Waldo 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. Thank you for your patience. FIND YOUR CAMPER'S PHOTOS EASIER. This summer, we're excited to let you know about a new photo delivery service where you can get all the photos of your camper delivered straight to your phone! No more searching for hours for proof of fun!

This optional service, offered by Waldo Photos, uses facial recognition to find the photos of your camper, and then sends them to your phone via the Waldo App with notifications when new photos are found.

To enroll:

Text **ABSCOUTCAMP19** to 1-514-700-6253 and follow the prompts.

Cost per camper

1 Week Session: \$11.99 USD

2 Week Session: \$18.99 USD

You can also scroll through and view all the photos for free on the Waldo Gallery here: <https://waldo.photos/galleries>. Enter join code: **ABSCOUTCAMP19**

Need help? Email [campsupport@waldophotos.com](mailto:campsupport@waldophotos.com)

### **Lost & Found Items**

Helps us by labelling all items with your child's name (first and last). Any camper items left at camp will be collected. We will contact parents for items that are clearly labelled. Any unclaimed items will be sent to the Calgary Scout Centre and held until September 7<sup>th</sup> and donated after that date. We will not keep lost socks or under garments. Please remember the camp will not be responsible for any items including electronics and cameras. Help your camper by preparing them prior to camp about how to keep track of their items during the week.

### ***Camper Progression and the Canadian Path***

Most of the 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 uploaded to the camp webpage where you can download and print for your scouter to receive credit for 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.

### ***Personal Snacks***

Please DO NOT send any candy, chips, gum or other food items. Impeesa is in bear country and these items only invite forest critters to visit the campsites. Nutritious meals are provided at appropriate times during the day. Any special dietary food items that must be sent should be indicated on the 'Camp Impeesa Medical Information' form and labeled so our kitchen staff can provide those items at the required times.

### ***Camp Badges and Stickers***

The scouting tradition of badge collecting and trading or sewing badges onto a campfire blanket continue at camp. We have a number of Camp Impeesa specific badges & stickers available at camp or at our bus stop locations for purchase. Each badge costs \$5.00 and stickers are \$2.00. You may send along a small amount of cash with your camper if they would like to purchase any badges or stickers. The camp is not responsible for lost or misplaced money. You can view any of these items on our webpage under the Photos tab and then click on Trading Post.

### ***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 backcountry wilderness travel & backpacking

Campers on foot, regardless of training and past experience, may act or react at times which may result in injuries caused by stumbles, tumbles, falls, and equipment breakdown.

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**

**ALL baggage** is to be marked with the camper's name. All gear will be transported into the backcountry via backpack by each camper; please make sure it has been waterproofed. This can be accomplished by packing everything in a heavy garbage bag or plastic or backpack liner. Campers will take only the items they need and that can fit into their backpack, we encourage a system where very few items are dangling or strapped to the outside of their pack. 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 waterproof footwear and a warm sweater *and* windbreaker.

**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 neckerchief and t-shirt.**

Camp Impeesa will supply all group gear and equipment including tents, tarps, stoves, pots, water filtration, emergency communication and other LNT gear. Campers may bring their own tents or backpacking hammock if they prefer.

### **Equipment Packing List**

Parents/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.

A good backpack with a padded hip belt and a good pair of light hiking boots or sturdy footwear are essential for our older campers who possibly could participate in an overnight experience.

We are not responsible for any equipment that goes missing or gets broken at camp. Please contact the Calgary Scout Centre at [prairies@scouts.ca](mailto:prairies@scouts.ca) or 403-283-4993 x1 to inquire about lost & found items.

Please leave cell phones at home as cell phone service is not available at camp. Parent communications with the camp can be done via our camp office phone at 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.



## 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.**
- **Remember this list is a guideline and up to parents discretion and decision on what is sent to camp**

<b>Bedding</b>	
	Sleeping Bag, mid – season recommended, not a summer bag
	Campfire Blanket (optional)
	Sleeping Pad, preferably no open foam, campers must be able to fit into backpack and carry it
	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 – please send in one small toiletry type bag</b>	
	2 beach towels for showering & waterfront, face cloth or washcloth
	Toothbrush in container, toothpaste, deodorant (stick not spray)
	Soap or body wash & shampoo in containers
	Comb or hairbrush
<b>Miscellaneous</b>	
	Backpacking backpack – essential - recommend between 45 to 60 litre size, properly fitted and comfortable
	Duffel bag for equipment not going on overnight experience
	Day Pack – school bag type pack – for day hikes and around camp
	Water bottle – at least one and clearly labelled
	Flashlight or headlamp preferred
	Insect repellent
	Sun screen and sunglasses, lip balm
	Mess Kit - Plate, bowl, cup, knife, fork, spoon
	Camera – not an expensive one, extra batteries (optional)
	Plastic bags for dirty laundry
	Compass, optional
	Pocket knife, older campers who have earned their knife permit ONLY (scouts and venturers 11 – 17 years old)

## Some Notes on Equipment

1. Backpack – A properly fitted backpack is essential and should be fitted for your camper. We suggest speaking with those in the outdoor equipment retail industry in your area. For example, you could stop by the Calgary Scout Shop, MEC, Campers Village, Atmosphere or similar venues and ask the sales associates to help you fit your camper to their backpack. Searching online will also provide some excellent resources when selecting a backpack for your camper.
2. Rain Gear - A two piece rain jacket and pants are the best choice and function during times of wet weather as well as wind. 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. We have also pitched tents in 4 inches of snow in both July and August. As long as you are prepared - it is incredible. 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. Having one pair of lightweight pants is a great idea during times of mosquitoes, ticks, and to keep the sun off your legs. Shorts are acceptable for hot days but can be cold in the evening and early mornings.
5. Bring your bathing suit! After a few days of nice hot weather you may want to take a quick dip in a cold alpine lake or stream to cool off and relax.
6. Water- be sure to include a water bottle or a combination of two that will give you at least one liter of water. Scouts Canada will provide a water purification system. Camel backs are awkward and can be dangerous to use on the horses.
7. Footwear – Lightweight hiking boots are suitable. Runners are great camp shoes to change into at the end of the day. \*Hint - be sure to have socks that come past the top of your boots or you may find that your leg gets rubbed raw.