

*A Typical Day At Camp*

- 7:30 Wake up call & cabin clean up
- 8:00 Breakfast (snacks available throughout the day)
- 9:00 Group Activity #1
- 10:00 Group Activity #2
- 11:00 Group Activity #3
- 12:00 Rest Period
- 12:30 Lunch
- 1:00 Group Activity #4
- 2:00 Group Activity #5
- 3:00 Group Activity #6
- 4:00 Group Activity #7
- 5:30 Dinner
- 6:00 Quiet Activities/Showers/Clubs
- 7:30 Campfire Program
- 9:30 Campers Return to Cabins (lights out for junior campers)
- 10:00 Lights Out (intermediate campers)
- 11:00 Lights Out (senior campers)

Land Based  
Activities

Water Based  
Activities

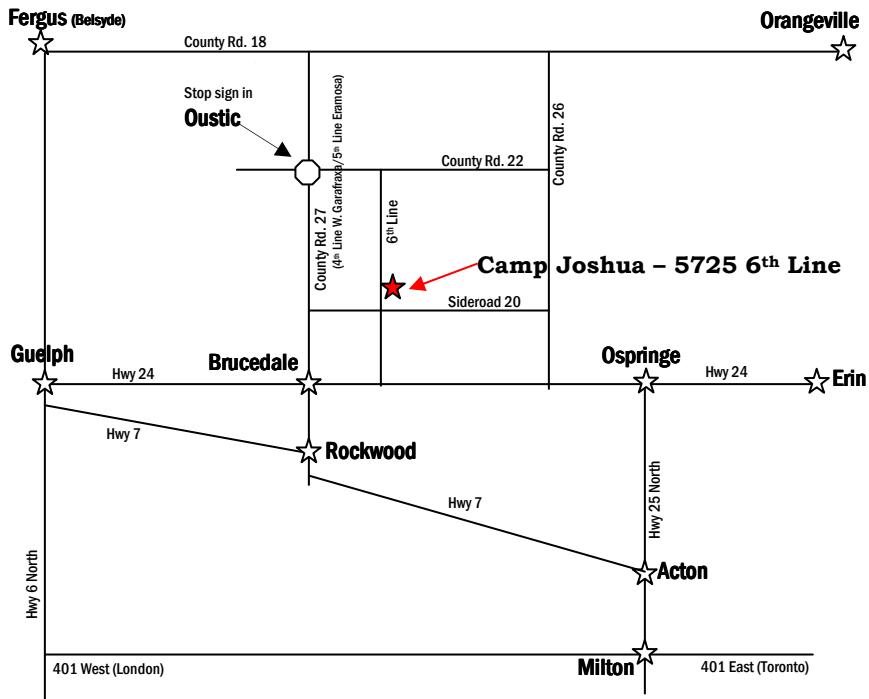
# Camp Joshua

*Making friends and memories...*

## First Time Overnighter (Sunday – Tuesday) Handbook

**Drop off time**  
Sunday between 3:00pm-4:00pm

**Pick up time**  
Tuesday between 6:30pm-7:00pm



Please review all forms enclosed to ensure the safety of all campers. An 'Emergency Card' is required to be completed with the most up-to-date information and brought with the camper upon arrival to camp. Also enclosed is a 'Consent to Administer' form should the child have prescription medication. **All** medication will be kept at the office and administered by the designated staff member at the times stated. All belongings should be clearly marked with the camper's name. For convenience, we have supplied an order form for Mabel's Labels should you wish to purchase. By supporting Mabel's Labels we can add equipment and continue to better our already great outdoor programs.

Every Friday is 'Theme Day'. The day will consist of all campers participating in activities surrounding that week's theme. We encourage everyone to bring costumes, props or other items to enhance your experience.

We are looking forward to a great summer of new and returning campers. We have fabulous programs set out and our great staff are anxious to meet everyone.

See you at camp!

*Lynna & Stephen*

**\*\* Please note all receipts will be issued at the end of September. \*\***

## What to Bring to Camp...Residential

### Suitable Clothing:

- |  |  |
|--|--|
| <input type="checkbox"/> T-shirts            | <input type="checkbox"/> Long Sleeve Shirts        |
| <input type="checkbox"/> Swimsuit            | <input type="checkbox"/> Towels (2)                |
| <input type="checkbox"/> Socks/Underwear     | <input type="checkbox"/> Pajamas                   |
| <input type="checkbox"/> Shorts              | <input type="checkbox"/> Warm Pants                |
| <input type="checkbox"/> Warm Sweaters       | <input type="checkbox"/> Warm Hat (toque)          |
| <input type="checkbox"/> Sandals (wet shoes) | <input type="checkbox"/> Running Shoes (dry shoes) |
| <input type="checkbox"/> Sun Hat             | <input type="checkbox"/> Sunglasses                |
| <input type="checkbox"/> Rain Gear           | <input type="checkbox"/> Rubber Boots              |

### Hygienic Items:

- |   |  |
|---|--|
| <input type="checkbox"/> Toothbrush & Paste | <input type="checkbox"/> Brush/Comb                        |
| <input type="checkbox"/> Biodegradable Soap | <input type="checkbox"/> Biodegradable Shampoo             |
| <input type="checkbox"/> Glasses            | <input type="checkbox"/> Medication (stored at the Office) |
| <input type="checkbox"/> Sunscreen          | <input type="checkbox"/> Bug Spray                         |

### Personal Items:

- |                                       |  |                                       |
|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Pillow                                  | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Flashlight   | <input type="checkbox"/> Medication (give to staff upon arrival) |                                       |

### Optional Items:

- |   |  |
|---|--|
| <input type="checkbox"/> Camera             | <input type="checkbox"/> Paper/Envelope/Stamps     |
| <input type="checkbox"/> Musical Instrument | <input type="checkbox"/> Book                      |
| <input type="checkbox"/> Stuffed Animal     | <input type="checkbox"/> Picture of Family or Home |

### DO NOT BRING:

- |  |   |  |
|--|---|--|
| <input checked="" type="checkbox"/> Money      | <input checked="" type="checkbox"/> Knives    | <input checked="" type="checkbox"/> Curling Irons    |
| <input checked="" type="checkbox"/> Hair Dryer | <input checked="" type="checkbox"/> Gameboy   | <input checked="" type="checkbox"/> Walkman/Radio    |
| <input checked="" type="checkbox"/> Cigarettes | <input checked="" type="checkbox"/> Alcohol   | <input checked="" type="checkbox"/> Matches/Lighters |
| <input checked="" type="checkbox"/> Food       | <input checked="" type="checkbox"/> Gum/Candy |  |

**Any of these items found will be confiscated and returned to the parent upon the camper's departure.**

Camp Joshua provides all other equipment that is needed. Please make sure that all articles are clearly labeled with the camper's name. Lost & found will be displayed daily. If you have any questions about the above items please contact the Camp Office (519-856-1647).

## Upon Arrival to Camp...

### On Arrival:

Please remember to check the drop off and pick up times for the program your child is registered for. The gate will not open prior to or after the stated times. Once you arrive, please make sure you check in at the Office. This is where all forms and medications will be left, cabin assignments will be given and camp clothing will be picked up and all campers will be checked for common ailments, contagious diseases and for head lice. **PLEASE LEAVE ALL PETS AT HOME!**

### Health & Wellness:

If the camper is found to have signs of lice or other communicable disease the parents will be notified and asked to take the child home. After the camper has undergone appropriate treatment (nit free) at home and upon the advice of a doctor he/she will be welcome to return to camp.

Any prescription medication (in its original bottle) will need to be accompanied by a completed 'Consent to Administer' form. This form is included in this booklet.

In the event of an emergency we are only minutes away from Groves Memorial Hospital in Fergus and the Guelph General Hospital.

We are an '**Allergy Safe**' camp. Please **DO NOT** bring any food items (snacks, drinking boxes, etc). Lunch and snacks will be provided.

### Contact with Home:

No payphones are available for campers to make phone calls home. We are happy to accept messages for your child by fax (519-856-2609) or by email ([admin@campjoshua.com](mailto:admin@campjoshua.com)). We are unable to allow campers out-going access to these methods of communication. We will send out-going 'snail mail' daily so remember to pack paper, postcards and **STAMPS!**

### Privacy Policy:

All the information that is collected and/or shared with Camp Joshua about each camper is completely confidential and is solely used for program, health & safety, and contact purposes within the camp. Any information that has been collected **will not be shared** with any outside agency, business, or individual.

### Camp Clothing:

If you would like to purchase any camp clothing (t-shirts & hats) please contact us in advance to make sure we have the appropriate size and colour preference. Clothing will be available to purchase upon arrival however, sizes and colour may vary. Each item is \$15.00.