



## ROUGHN' IT CAMP ITINERARY

Throughout the week the **Roughin' Its** will be participating in a variety of outdoor activities including hiking, canoeing, kayaking, orienteering, and outdoor living skills. Please come prepared with the following items in your backpack **every day**:

- Hat
- Sunscreen
- Bug repellent
- Water bottle
- Nut-free** lunch and snacks
- Rain gear (no ponchos please)
- Extra clothes and shoes (in case they get wet or really dirty)
- One white cotton t-shirt or pillow case (for a craft)



**PLEASE LABEL ALL ITEMS SENT TO CAMP!**

Roughin' Its will be provided with an area to store their pack, rain gear, and t-shirt for the duration of the week. In the event of severe weather conditions, the campers will be moved to appropriate indoor locations.

### **Wednesday - Canoe/Kayak Day**

This is an offsite activity that will be held at Islet Lake, about 20 minutes from the SWC. Transportation to this site will be provided. Aquatic shoes should be packed (sport sandals with heel and toe straps or running shoes are good alternatives); flip flops are not permitted. In the event of inclement weather, the canoeing and kayaking activities will be modified.

### **Thursday - Camp Over**

Roughin' Its will be camping out in tents under the stars, about a 1km hike from the Info Centre. Overnight gear should be packed so that the camper can carry it without difficulty (plastic bags are not recommended). Planned activities will be carried out in all safe weather conditions, so please ensure that you pack the following:

- |                                  |                               |
|----------------------------------|-------------------------------|
| Sleeping bag                     | Rain Gear                     |
| Sleep pad/mat                    | Clean clothes for Friday      |
| Flashlight                       | Warm pyjamas                  |
| Warm clothes for campfire        | Toiletries                    |
| Jacket (windbreaker recommended) | NO electronics are permitted! |

### **Meals**

Please send a nut-free lunch and snacks Monday through Thursday. Food will be provided for the Roughin' Its to help cook their supper on Thursday night, as well as breakfast and lunch on Friday. If your camper has any food allergies or dietary restrictions please indicate this on the severe allergy form.

### **Health Forms**

Please send completed health forms with your Roughin' It on the first day of camp, or fax them to 780-922-6415 "Attention Adam Binder." If your camper has a severe allergy and requires an Epi Pen, you must complete the severe allergy form.

### **Transportation and Pre/Post Care**

Camps run from 9:00 a.m. to 4:00 p.m. at the Strathcona Wilderness Centre.

The campers will be bussed to the SWC from the Sherwood Park Arena Monday to Friday. The address of the Sherwood Park Arena is 2015 Oak Street, Sherwood Park, AB. The bus will pick up campers at 8:30 a.m. and return at 4:30 p.m. Staff supervision will be provided at the arena from 8:00 to 8:30 a.m. and 4:30 to 5:00 p.m.

If you are dropping your camper off or if your camper misses the bus, please bring them to the Strathcona Wilderness Centre. The Centre is located on Range Road 212, 16 km east of Sherwood Park, on Township Road 530 (Baseline Road). GPS N53° 31.957' W 112° 59.964'. Staff supervision will be provided at the SWC from 8:30 a.m. to 9:00 a.m. and 4:00 p.m. to 4:30 p.m.

**See you at camp,**

**The Day Camp Staff!**