

Big Cove

YMCA CAMP



Big Cove YMCA Camp
2269 Gottingen Street
Halifax, N.S, B3K 3B7
T: (902) 301-5175

Big Cove YMCA Camp
119 Big Cove Road
Sutherlands River, N.S, B0K 1W0
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Web Address: www.ymcahfx.ca
Email: bigcove@halifax.ymca.ca

Information in this guide is subject to change based on updated Public Health guidelines.



WELCOME PARENTS, GUARDIANS AND CAMPER!

Thank you for choosing Big Cove YMCA Camp. We turn 135 in Summer 2024 and have some incredible plans to celebrate the occasion. After a successful return to our traditional camp programming in 2024 with we are excited for another amazing year! This year we will continue to bring back old traditions to a modern setting, to encapsulate the Big Cove of previous years in a new way!

The Big Cove staff team continues to prepare for the upcoming summer to ensure campers and their families can attend Big Cove in a safe and healthy environment. This package is designed to give you necessary information to prepare for your child's stay at camp. **Note that this information can change as new and updated information regarding camping and public health concerns may arise. We will look to update all families regularly as new information is received.**

Talking to your child about their expectations of camp is an important first step in preparing for camp. While you are doing this, please consider your expectations as outlined in the *Evaluations* section of this package. Life at camp is different than at home and can involve some transition. Camp life is very busy with action-packed days, and involves a brand new routine, discussing camp with your child can help them to get the most out of everything camp has to offer.

This year at Big Cove we are excited as we intend to shed light on some camp history through some old traditions and trails. When we had to make adjustments to our programming to account for COVID and Hurricane Fiona, some traditions got lost. Our team has been working endlessly to restore these traditions and in our 135th year we're happy to be able to bring these back to life! We hope this will bring excitement to past alumni and future campers!

We are looking forward to having your child join us for a memorable summer at Big Cove YMCA Camp as we look to return to traditional overnight camp programs, providing safe and healthy overnight camp experiences for children and youth. Thank you for trusting us with their care. We will do our best to provide "the experience that lasts a lifetime!"

Sincerely,

Ben Chisholm
Camp Director, Big Cove YMCA Camp



CANCELLATION, WAITLIST AND TRANSPORTATION

YMCA of Greater Halifax/Dartmouth Refund and Cancellation Policy

A \$100 non-refundable* deposit is required per session to hold your spot.

All deposits are non-refundable (unless medical documentation provided). Withdrawals received before June 1, 2024 will receive a full refund less the deposit and \$25 administration fee. Withdrawals occurring after June 1, 2024 will receive a refund of 50% of their camp fees or a full refund less deposit and administration fee if the space can be filled prior to the session. If a withdrawal is received less than 21 days prior to the start of your child's session, **NO REFUND** will be issued.

If your child is unable to attend camp due to medical reasons, a full refund (less \$25 administration fee) will be issued once all appropriate documentation is received.

Should the YMCA cancel your program, a full (pro-rated) refund including deposit will be issued.
Should a government mandate cancel or shut down programs, a full (pro-rated) refund will be issued.

Alternatively to a refund, a credit note for the full value of your program can be issued towards other future Big Cove Programs or other YMCA of Greater Halifax/Dartmouth Programs.

Multiple Registration Cancellation Policy— Due to limited registration space, campers registered for multiple sessions after March 1st will receive **NO REFUND** for withdrawals which unless they withdraw from all sessions, in which case the last session will be treated as a single withdrawal for the purposes of determining refunds.

Big Cove 2024 Payment Options

The following payment options are available in 2024:

1. Payment in full upon Registration
2. Pay \$100 deposit upon registration and balance in installments on the first of the month until June 1. (Feb 1, Mar 1, Apr 1, May 2, Jun 1 – Payments are processed on the first business day of the month.
3. Pay \$100 deposit upon registration and balance on May 2nd **

*Any credit on your account will be applied at check-out starting with deposit and then deducting the balance from future payments.

**If looking to apply for financial assistance, please register and select Option 3 above and contact us at

Waitlist

In response to larger waitlists, we are implementing the following policies in 2024. We will continue working as hard as we can to advance the waitlist lists and to fill every spot.

- If we call to offer you a waitlist spot you have 24 hours from the time of the call to decide before we move onto the next person
- If you do not answer after 2 calls we will move onto the next person
- We will not disclose the position of your child on the waitlist



TRANSPORTATION INFORMATION

Bus:

If you are taking the bus to camp, departure time is 9:00 a.m. from the Barrington Street Superstore. Please have your camper there at least 15 minutes prior to departure. If your child is coming home by bus, arrival time is at 3:00 p.m. at the Barrington Street Superstore. Please be on time to meet your child.

Please note, you must register for the bus during registration. If you need to register or withdraw from the bus service after your camp registration is complete, email bigcove@halifax.ymca.ca. We book buses based on these registration numbers, and must be booked by June 1. Late registration may not be available/ limited, based on our booking and we may not be able to offer a refund for late withdrawal.

Arrival and Departure Information

Arrival (Sundays)

Junior Arrival: If your child is registered in the **Junior Program**, your drop off time is between **10:30am and 11:30am** on arrival day (Sunday). If you have a camper attending in another age group as well they can all arrive at the Junior time slot.

Seniors/Leadership Arrival: If your child is registered in the **Senior or Leadership Program**, your drop off time is between **11:30am and 12:30pm**.

Departure (Fridays)

Junior Departure: If your child is registered in the **Junior Program**, your pick up time is between **10:30am and 11:30am** on departure day (Friday). If you are picking up multiple campers of various ages, they can all be picked up at this time.

Seniors/Leadership Departure: If your child is registered in the **Senior or Leadership Program**, your pick up time is between **11:30am and 12:30pm**.

Little Big Cove:

LBC 1 and LBC 3-Sunday Arrival—10:30am to 11:30am
Wednesday Pick Up—10:00am to 10:45am

LBC 2 and LBC 4-Wednesday Drop off—2 pm to 3pm
Saturday Pick Up—2pm to 3pm

****Should arrival/departure times change will provide updates to families prior to your sessions****

Directions: Big Cove YMCA Camp is located off the TransCanada Highway 104, east of New Glasgow. Take exit 27 off of the 104. Turn left onto NS-4 Trunk W (signs for Nova Scotia 4 Trunk W/Pine Tree/Little Harbour/Melmerby Beach) 30 meters. The Big Cove road is the first road on the right. Follow that road all the way to the main camp. Please drive carefully on the camp road because of a railroad crossing and other cars.

Airport: please contact us at bigcove@halifax.ymca.ca for possible airport pick up

Authorized pick up: In order to ensure the safety of campers in our care, the YMCA requires that anyone picking up your child be listed on the authorized pick up list on the registration form. This list can be changed at anytime by parents or guardians. Persons on this list will be asked to submit photo ID upon sign out to confirm identity and presence on the list. Please email any changes in pick up to bigcove@halifax.ymca.ca.



PREPARING FOR CAMP

Packing Personal Articles

It is very important to label everything. Campers of all ages lose personal belongings, so make sure all items are marked in some way. When packing for camp, have your child help you in the process. This will make him/her more aware of what they are bringing to camp and where to find things. It will also make packing to go home easier. We suggest packing old clothes that your child will recognize. Avoid packing anything of value. A list of what the camper brought with them could be included in the packing process to help counsellors in ensuring that your camper has packed everything upon leaving camp.

Rain Gear is Very Important!

Rain gear is a necessity of camp. Programs continue despite the weather, so gear which you can remain active in is necessary. Rain suits consisting of pants, jacket and rubber boots are a must! These will also come in handy on outtrip should the weather not cooperate.

Laundry

Camper laundry is not available except in an emergency. A dirty-laundry bag is a good idea to keep your camper organized.

Leadership Campers will have an opportunity to do laundry after 2 weeks.

Outtrip

Outtrip is a central part of Big Cove Programs. All campers (junior to leadership) will take part in an outtrip with their cabin. As these trips take place on the ocean, groups deal with tidal changes and sometimes have to wade through muddy, shell covered grounds. We strongly encourage all campers to have a solid pair of water shoes that they can wear while canoeing and on trip.

WHILE YOU ARE AT CAMP

Communication while at camp

Each session we have around 150 campers on site, and by default we do not update families on their camper's activities throughout the week. Under certain circumstances, we will call home to update parents. We will always call in case of: injury or illness, severe homesickness, any behavioural challenges or by parent request. Campers are always permitted to call home for any reason, though in cases of homesickness camp staff will try to comfort campers before calling home, as occasionally a call home for a homesick camper can intensify feelings of missing home. In order to protect the privacy of our participants, we may not be able to share photos of campers until the end of their session. Please contact the camp office with any special requests.

Telephone

There is a telephone in our camp office on site where campers may call home if necessary. In cases where consultation is required, our staff will assist your child in making the call. On occasion, we may call you to discuss behaviour or special circumstances. Any emergency calls should be directed to the Camp Director, or the Junior and Senior Section Managers.



WHILE YOU ARE AT CAMP

Snail Mail

It is requested that parents and other relatives do not visit campers while they are at camp. However, we do encourage parents and friends to send lots of snail mail. Pre-addressed envelopes or postcards will help younger campers remember to write and will help the post-office in delivering them! A letter sent prior to your camper's arrival at camp will arrive early in the session.

Due to the limited length of sessions, we suggest parents use our Bunk1 system for mail or leave pre-written letters to be handed out on certain dates when you sign in.

Email

We are once again partnering with Bunk1 to provide families a more direct way to send their campers mail while they are at camp. Regular post can sometimes be delayed, however with Bunk1, we receive a batch of all emails sent the day before at 8am and can print and distribute them as regular mail for your campers. Bunk1 offers many great packages and you can even customize your emails with photos or puzzles. See the attached Bunk1 document for more information and how to sign up.

Social Media

We post updates on camp programs, photos from each session and more on our Facebook page:

www.facebook.com/bigcoveymca

We ask all our participants for consent to share their photos during registration. We do not permit staff members to connect with participants on social media, and ask that parents discourage their children from attempting to contact staff outside the context of camp.

Care Packages

We ask that if you send care packages that you do not send candy, junk food, or any products containing nuts. Big Cove is a NUT SAFE facility. Campers who have received snacks in their care packages have often shared them with other campers. We also have many campers and staff who have nut allergies throughout the summer. We try to promote healthy living at camp by providing three balanced meals a day, with a dessert after supper, a nutritious evening snack as well as fruit available throughout the day. Any food items brought or received at camp will be stored and returned on departure day. This does not include food that is required for dietary restrictions. These items will be properly stored in the kitchen. Any nut products will be disposed of as we cannot store them on site.

Between Sessions

We are not offering stay overs between consecutive sessions in 2024 except for the 12-day session. If you are registered in the 12-day camp this stay is included upon registration



WHILE YOU ARE AT CAMP

Meals

Campers are served three delicious meals each day as well as a snack in the evening and throughout the day. Our menu is designed to meet the nutritional needs of growing, active campers. Our kitchen is run by a Food Service Manager with extensive experience in operating a camp kitchen. We pride ourselves in preparing food from scratch (whenever possible) and using as little pre-packaged food items as possible. (There are always alternative options for those with dietary restrictions.) Please ensure you contact camp if you have any concerns regarding your campers' dietary restrictions.

Our food service team is dedicated to providing meals that kids like, making sure that campers get enough to eat at each meal and accommodating any and all dietary restrictions. Typical meals include macaroni and cheese, scrambled eggs, Hot Dogs and Hamburgers and BBQ chicken. If your camper has dietary re-strictions, only likes certain food, or you have any other concerns around food at camp, please contact the camp office to discuss further.

Meals are an important part of camp. It is a time for a cabin to sit down together and share stories with one another. All of our meals are served "family-style", where campers eat with their cabins for the entire meal. Campers help with setting and clearing their table and bringing food back and forth from the "good" food window.

At the end of every meal, we have a set of announcements which help prepare campers for the rest of their day. More often than not, skits, songs and interesting characters will make appearances during the announcements as well!

As in 2021 & 2022, some meals may be eaten outdoors at cabin picnic tables should it be encouraged by Public Health or whenever cabin groups decide they would like to.

ONE-ON-ONE SUPPORT

One-on-one support is available at camp and we encourage any family needing/ interested in this to reach out to our team at bigcove@halifax.ymca.ca to discuss further. This will help us prepare by bringing in extra support to the cabin where needed and make sure we are maintaining our staff to camper ratios.

Our staff are dedicated to supporting campers with a wide range of needs and abilities, whether managing a chronic medical condition like diabetes, a return-to-play plan post-injury, or offering one-on-one support for a child needing extra care. *While we are experienced and able to support a wide variety of exceptionalities, our counsellors are hired based on experience, and not qualified training (i.e. They are not typically EAs, child & youth workers, OTs etc.). All campers must have control of bowel and bladder, and the ability to wipe independently, as our facilities and staff are not equipped to care for campers who require regular support in these areas.*



A TYPICAL DAY AT BIG COVE!

| | |
|-------|--------------------------------------|
| 7:30 | Wake-up, Morning Dip |
| 8:15 | Table Setters |
| 8:30 | Morning Circle/Breakfast |
| 9:20 | Cabin Cleanup |
| 9:45 | Cabin Program #1* |
| 11:00 | Interest Group #1* |
| 12:15 | Table Setters |
| 12:30 | Lunch |
| 1:30 | ZAP Time (Zero Action Program) |
| 2:00 | Interest Group #2 |
| 3:15 | Cabin Program #2 |
| 4:15 | Free Swim/Freebies** |
| 5:15 | Table Setters |
| 5:30 | Supper |
| 6:45 | Evening Program (Cabin or Camp-wide) |
| 7:45 | Snack/Appreciations |
| 8:00 | Junior Wash up/Cabin Time |
| 8:30 | Senior Wash up/Cabin Time |

*At the beginning of each week, campers get to choose any two interest groups they would like to participate in. Interest groups are one hour sessions in any two of the following per week: swimming, archery, drama, arts and crafts, canoeing, outdoor living skills, adventurers, outdoor education.

** Freebies are assorted activities that campers can choose from and vary each day. They differ from interest groups and cabin programs, but some of the more popular activities are repeated at campers' request.

~ canoeing ~ archery ~ arts and crafts ~ swimming ~
earth walks ~ night walks ~ snorkeling ~ clay pits ~ early morning sim
~ drama ~ talent nights ~ Atlatl ~ campfires ~ sports ~ low ropes ~
high ropes ~ zip line ~ climbing tree ~ initiative tasks ~ camp-wide games
~ theme days ~ section programs ~ wilderness ethics
~ canoe trips ~ hiking trips

** This is a traditional typical day at Big Cove. Depending on COVID-19, this schedule and its programs are subject to change**



LOST & FOUND

Lost and found articles are sorted and laundered at the end of each session. Labelled articles will be returned to the appropriate campers either by pick up at 2269 Gottingen Street, Halifax N.S or at Big Cove. **All unlabeled articles will be kept for two weeks following the end of the session**, after which they will be sent to a local charity. If you are missing a specific article, please call the camp office at (902) 922-2224 as soon as possible or email: bigcove@halifax.ymca.ca so that we can do our best to find it and return it.

All labelled items brought to the Community YMCA on Gottingen will be kept until the end of October of the current year end. If we have not had anyone claim them, they will be donated as well

INJURY & ILLNESS

The well-being of all participants at Big Cove YMCA Camp is our top priority. We look forward to supporting and caring for your camper. The more information you can provide, the better we can meet the needs of your child. This information will be used by the Summer Camp Director, camp nurses and your child's counsellors. If there is additional information of a sensitive nature, please feel free to send a separate letter marked:

'Confidential' to the attention of Ben Chisholm, Camp Director or via email to: Ben.chisholm@halifax.ymca.ca.

Whatever information you send to us will be treated with confidence and respect.

We have health staff members on hand to meet the health needs and requirements of our campers and staff. All other staff members are required to have certifications in CPR, Lifesaving and First Aid. Campers with minor injuries or illnesses will be treated in our Health Centre. If the ailment persists or becomes more serious, parents will be called and updated on their child's condition.

If a trip to the hospital is necessary, your child will be accompanied by a staff member to the Aberdeen Hospital in New Glasgow and the camp nurse, Camp Director, or designate will contact you regarding the visit. If any prescription drugs are necessary as a result of a consultation with a doctor, the YMCA will initially cover the cost and you will be billed after camp for the appropriate amount.

We ask that you attach a copy of your camper's Health Card if you do not live in Nova Scotia. If you are from outside Canada we ask that you attach a copy of your child's health care coverage.

Please keep us updated on any changing medications as well as conditions that may arise prior to camp to ensure that we have all the necessary information related to your child's health and well-being. If a camper is forced to leave camp for medical reasons, a refund will be issued for the missed time at camp once an appropriate doctor's note is provided. If your child has come with or developed a condition deemed by Public Health to be a risk to the general population of camp, he or she may be required to be quarantined in the Health Centre at camp or to leave the site until a physician approves his or her return.



INJURY & ILLNESS

Medication Policy

All prescribed medications must be in the original container as dispensed from the pharmacy. Directions must be in English. All over the counter (OTC) medications such as allergy meds, vitamins, Tylenol etc., must be in their original containers. Written permission must have been given to administer all medications on the camper's Registration Form. **All medications must be secured in the medication dispensary in the Health Center with the exception of epi-pens, inhalers and creams.**

Permission for camp medical staff to administer other OTC medications must be given on registration.

Medications will be signed in upon arrival to the bus or Big Cove. You may print and detach the bottom of this page to speed up medication sign in process upon arrival.

Homesickness

Homesickness is quite often something a maturing child will go through on the way to becoming a self-reliant, confident young adult. While the camp environment is very busy and active, the transition from a camper's home life can sometimes be difficult. Homesickness can often be a very natural reaction for children of any age who are lucky enough to have a family and home life to which they feel attached. There is an emphasis put upon preparing camp staff for homesickness so they are equipped to detect the early signs and deal with them as each child requires.

Quite often, those campers who experience homesickness during their stay at camp are those that leave with the best feeling of achievement and attachment to the camp environment. We suggest that you dis-cuss the feelings of homesickness with your child prior to camp and recognize that these feelings are natural and are an important part of growing up. In most cases, our staff are able to guide.

Most often, camp staff and parents are able to work through the homesickness and create a supportive environment at camp similar to the feeling campers have at home. Unfortunately, in situations where campers leave camp because of homesickness, there are no refunds issued.

Big Cove YMCA Camp – Medication Check In

Staff Use Only:

Cabin: _____

Session: _____

Camper Name: _____

Please list all medication that your child will take on a regular basis while at camp.

| Medication | Dosage | When Taken (am, noon, pm, bed) |
|------------|--------|--------------------------------|
| | | |
| | | |
| | | |
| | | |

Signature: _____



BEHAVIOUR POLICY

Why Have a Behavior Policy?

At Big Cove YMCA Camp we are committed to providing a safe, supportive environment for all of our participants. It is our belief that this type of environment enables us to provide a quality camp experience.

This policy is designed as a basis for maintaining behaviour and to provide a standard for what is acceptable at Big Cove YMCA Camp. As each situation that arises is different, it is up to the discretion of the Camp Director and the Big Cove YMCA Camp staff in dealing with each specific situation. We ask that this standard be reviewed with all campers by their parents prior to the beginning of the session.

What is Unacceptable Behaviour?

In order to ensure safety at camp, the following list of unacceptable behaviour by campers has been developed. It is designed as a standard which will enable the staff and Camp Director to appropriately deal with any situations that may arise. It is not meant to describe all possible unacceptable behaviours, but to give a composite standard which can be used.

Listed below are disruptive behaviours that will not be tolerated at camp:

- Stealing, vandalism as well as other damaging or illegal acts.
- Physical violence towards campers or staff.
- Physical or verbal abuse towards campers or staff.
- The use of a weapon.
- Leaving the camp property without supervision or permission.
- Discrimination against anyone for reasons of race, gender, sex, religion, orientation or any other reason
- Sexual activity or misconduct.
- Possession or use of tobacco, cannabis or alcohol products.
- Possession or use of any illegal drugs.
- Any behaviour that does not comply with the mission and values of the YMCA or negatively affects another camper's experience at camp



BEHAVIOUR POLICY

What will be done?

If any camper exhibits any of these behaviours while at camp, they will be spoken to by the Camp Director's and/or Section Directors. Depending on the nature of the situation and possible concern over recurrence, the following actions could take place:

Ø Parent/Guardian will be contacted and asked to arrange for the removal of their camper from site.

Ø The Camp Director, Assistant Director, Camper Care Manager or Section Director will contact the parent/guardian and inform them of the situation. At this point they will seek help in avoiding future problems and the parent will be made aware that if the behaviour persists the camper will be removed.

We do our best to ensure that all campers have a safe environment to enjoy their camp experience. De-pending on severity, we will do our best to work with campers who are having difficulty following our policies and help them enjoy their camp experience. However, all campers deserve to enjoy their camp experience and campers who are inhibiting the experience of others may be asked to leave camp early.

If a camper is removed from site for behaviour reasons, they will not be permitted to return to camp the following summer(s) unless the Camp Director is satisfied that the unacceptable behaviour has been dealt with and will not recur.

**No refunds will be issued for children sent home because of behaviour concerns.*



TICKS AT CAMP

Please ensure you review this policy with your campers and talk to them about ticks. Show them pictures of a tick and how to properly do a self check before they arrive at camp.

Ticks are very prevalent in Nova Scotia, and Big Cove is no exception. There are many preventative steps that you can take to help your child understand preventative measures before sending them off to camp this summer. These include:

- Wearing long pants and long sleeved shirts when in wooded areas
- Wearing closed footwear
- Using insect repellent containing DEET or Icaridin
- Wear light colours so ticks are easily visible
- Conduct full body tick checks daily on yourself as well as when leaving or using wooded areas

Tick Check Policy

Campers are reminded at every meal to conduct a tick check throughout the day as well as when taking part in camp activities that take place in wooded areas or on Outtrip. Counsellors assist and remind younger campers about these checks when they return to their cabins from meals or between programs.

Tick checks will be conducted after (and throughout) the following activities with counsellors support:

- Activities that leave the main field area (woodcraft, nature ninjas, hikes etc.)
- Any time campers or staff leave established paths
- Archery – especially when campers are retrieving arrows from the woods

When conducting Tick checks, be sure to check the following areas:

- | | |
|---------------------------------------|-------------------------|
| Under the arms | In and around the ears |
| Back of the knees | In and around hairlines |
| Between legs and around the waist | Around ankles and shoes |
| Have campers check each other's backs | |

While the check is going on, supervise your group carefully to ensure they are checking properly and keeping their hands to themselves, as many areas being checked could be considered private areas. Staff may need to help younger campers with their checks, they should be strictly visual checks. If a tick is found you should do the following:

- If on site, locate tweezers and removed tick as taught or report to the health centre for tick removal.
- If on OT, use your tweezers to remove the tick and complete an incident report noting the area of removal.

Upon finding a tick embedded in a camper the following procedures will take place:

- Big Cove staff or Wellness Manager will photograph and then remove the tick
- A tick report will be written documenting the location and time of the tick removal
- We will be trying our best to keep these ticks in bags in case of the bullseye rash forming. Bringing this to a pharmacy will result in them giving you the proper medication, leaving need to visit a hospital.
- The parents or guardians will be notified by email or phone that a tick was removed and how long it was estimated to be embedded
- Parents will be able to make the decision on next steps (pharmacy/clinic/hospital visit or monitor for signs and symptoms at camp)

We encourage all campers' families to go over tick checking procedures and precautions with their campers prior to them coming to camp. This should include showing your child a picture of what ticks might look like so they know what to look for. It can be very hot in the summer on the Cove so ensuring campers have adequate bug spray to wear while outdoors will help in enjoying the nice weather

. Ticks can be extremely small and can be missed even with frequent checks. We ask that all parents complete a thorough tick check upon your campers return and monitor them for possible signs and symptoms as outlined on the Government of Nova Scotia Website: <https://novascotia.ca/ticksafety/>



AFTER CAMP – FEEDBACK

Evaluations

Our goal is to constantly improve each experience and our facility and we appreciate your comments. At the end of each summer session, we will be conducting a parent/camper evaluation. Your feedback is very important! Please take the time to let us know your impressions of your child's camp experience. Below is a brief outline of the criteria that will be evaluated in the survey. It is our hope that you will take note of how we met, exceeded or neglected to meet your expectations as they relate to these criteria. Your input helps us plan how we can better serve you in future summers. We thank you for your participation as we continue to grow and improve the “*experience that lasts a lifetime*” at Big Cove YMCA Camp.

The following criteria will be included on the survey:

1. *Facilities* (cabins, washhouse, dining hall, health centre, equipment)
2. Programs (theme days, camp-wide games, campfires, interest groups, cabin programs, outtrips)
3. *Counselling Staff* (interaction with cabin group, interaction with individual campers, teaching skills, overall staff quality)
4. *Food Services and Healthcare* (nutrition, food quality, healthcare)
5. *Camp Safety* (staff supervision, waterfront safety, outtrip safety, overall program safety)
6. Registration Process (payment options, early bird special, sibling discount, free t-shirt)
7. Communications (parent information package, brochure, website, communications with Camp Director and Registrar)

In addition to the session surveys, we welcome general feedback in the form of an email, which can be sent confidentially to the camp director at ben.chisholm@halifax.ymca.ca at any time throughout the year.

Should you ever have any immediate questions, comments or concerns, please do not hesitate to reach out. We want everyone to have a positive Big Cove experience.



PACKING LIST

The following list of items is broken down by the type of program you are attending at camp. It may be altered to meet the camper's needs or preference based on experience. It is a great idea to involve your child in the packing process and even include this list with luggage as a reminder when they come home! Clothing worn at camp WILL GET DIRTY! Please do not send expensive, hard to replace clothing to camp as it can potentially be damaged by camp activities. Also remember to **LABEL EVERYTHING.**

S = SUGGESTED – Simply put, if you think you need it, bring it. It may not be used, but at least you have it

M = MANDATORY - Based on decades of camping knowledge, these items are highly recommended and will lend a hand in a successful experience

*See chart below for packing list



| | PROGRAM ITEM | 1 Week Session | 2 Week Session | Little Big Cove | 2 Week Leadership | 4 Week Leadership |
|-------------------------------|---|-----------------------|----------------------------|-----------------|--|-------------------------------------|
| BEDDING | Pillow w/extra case | M | M | M | M | M |
| | Sleeping Bag | M | M | M | M | M *must fit in dry sac with clothes |
| | Fitted Twin Sheet | S | S | N/A | S | S |
| | Blanket/Single | S | S | S | S | S |
| | Teddy Bear | ☺ | ☺ | ☺ | ☺ | ☺ |
| CLOTHING | Underwear | 7 pairs | 14 pairs | 5 pairs | 14 pairs | 14 pairs |
| | Socks | 7 pairs | 14 pairs | 5 pairs | 14 pairs | 14 pairs (2-3 Wool) |
| | Shorts | 2-3 pairs | 4 pairs | 2 pairs | 4 pairs | 4 pairs (1 quick dry) |
| | Pants (avoid jeans) | 2 pairs | 3 pairs | 2 pairs | 3 pairs | 3 (1 quick dry) |
| | Long Sleeved shirt | 1-2 | 2-3 | 2 | 2-3 | 2-3 |
| | T-shirts | 6-8 | 12-15 | 4 | 12-15 | 14 |
| | Heavy Sweater (jacket or fleece) | 1-2 | 3-4 | 1-2 | 3-4 | 3-4 |
| | Hats/sunglasses | 1-2 | 1-2 | 1-2 | 1-2 | 2 |
| | Rain gear (jacket/pants) | M | M | M | M | M |
| | Running shoes | M | M | M | M | M |
| | Water shoes(sandals (with back), crocs) | M | M | M | M | M (sturdy water shoe) |
| | Bathing Suits (no string bikinis please) | 2 | 2 | 2 | 2 | 2 |
| | Towels (large) | 2-3 | 2-3 | 2 | 2-3 | 2-3 (ideally 1 smaller one) |
| | Pajamas! | 2 | 2-3 | 2 | 2-3 | 3 |
| EX-PERSONAL | Rubber Boots | S | S | M | S | S |
| | Toiletries (soap/ shampoo /tooth brush/paste/ Menstrual Products) | M | M | M | M | M |
| | Water Bottle | M | M | M | M | M (1 L) |
| | Bug Repellant | S | S | S | S | S |
| | Sunscreen (SPF 30+, waterproof) | M | M | M | M | M |
| | Dry Sacks (MEC/Seal Line) | ---- | M 1 (30-55L) (senior only) | ---- | M 1 (30-55L) | M 1 (30-55L) |
| | Flashlight | M | M | M | M | M |
| | Prescription meds | M | M | M | M | M |
| | Back pack/Day pack | S | S | ---- | M | M |
| | Garbage Bags | 2-3 | 2-3 | ---- | 2-3 | 4 |
| | Writing pad/pens | At Parents Discretion | | | Pocket knife (blade less than 10cm) | |
| | Stamps/envelope | | | | Paddle | |
| | A good book/comics | | | | Bug Net | |
| | Extra batteries | | | | *For more information on packing for outtrips and Leadership programs, please see our Leadership Information | |
| | Camera (disposable pref.) | | | | | |
| Laundry Bag | | | | | | |
| PFD (No Blue or dark colours) | | | | | | |

