



## Y Camp Thunderbird

### **Family Camp Information Package**

**Dear Camp Thunderbird Family,**

Welcome to Camp Thunderbird! Summer will be here before we know it and soon it will be time to start preparing for camp.

**Information in this booklet is updated every year, and all of the information is vital for your camper(s) to have a successful experience. Please read carefully!**

Life at camp is different from the routines and patterns of home. Taking the time to talk with your family about their upcoming experience is an important step in preparing. Setting a positive tone and clarifying expectations can really help your child make the adjustment. In doing this, your child will take the most out of their Camp Thunderbird opportunity.

If you, or anyone in your family, have any questions about their upcoming experience, we encourage you to give our Summer Camp Program Manager, a call or come out and meet us at Camp Thunderbird for our Westshore Community Day on June 18, 2017.

We look forward to having your family join us at Camp Thunderbird this summer.

### **Camp Programs**

At family camp we offer all the same great programs as our summer camp programs. Families will be given the opportunity to sign up for the programs of their choice for that day at breakfast. Not every program will be offered every day but there will be the opportunity to participate in all activities at one point during your stay.

Some activities will be adult only with the opportunity for parents to leave their kids with Camp Thunderbird staff and head out with the other parents for a morning or an afternoon. There will be age minimums for kids to be unaccompanied in different program areas but that will be different depending on the program and will be quite low for appropriate activities. Parents will be welcome to participate with their kids always.

We do our best to foster an atmosphere of cooperation rather than competition. If we run an activity containing some element of competition, we focus on challenging campers to achieve their own goals, rather than encouraging them to measure their accomplishments against the achievement of others.

## What to bring

The following checklist is a good guideline for packing for camp. We encourage you to wear old clothes you won't mind bringing home dirty or getting lost. We do not recommend that you bring expensive clothing to camp.

Label everything! We suggest sew-on labels for clothing items, and an indelible marker for other items. Include the camper's full name. Try to ensure that your camper can recognize the items that belong to them.

## General Packing List

### Clothing

- 3-4 day supply of underwear
- 3-4 day supply of socks (wool socks are best)
- 2 pairs of shorts
- 2 pairs of pants (sweatpants are warmer than jeans)
- 3-4 days of t-shirts
- 1 long-sleeved shirt
- 1 warm pullover (wool or fleece)
- 1 sweatshirt
- Warm jacket
- Hat (for those rainy or sunny days)
- Raingear (needs to be 100% waterproof, jacket and pants)
- Toque and mitts (for cool nights on out-trip)
- Pajamas
- 2 pairs of shoes (1 for daily wear, athletic shoes or sport sandals, close-toed preferable)
- 1 to 2 bathing suits (easy to move, paddle, and swim in)
- sunglasses

### Personal Items

- soap and shampoo
- toiletries, comb, toothbrush, etc.
- a watch and/or alarm clock
- sunscreen (SPF 30 or higher)

### Other

- water bottle
- sleeping bag or bedding for single bed
- pillow
- towel

- day pack
- flashlight (extra batteries)
- breathable laundry bag
- stuffy toy (optional)
- book (optional)

**Please do not bring:**

- Portable music devices
- Hatchets
- Food
- Video games
- Other valuables

**Cotton vs. Synthetic Fabrics**

Cotton does not insulate the wearer when it becomes wet and takes a very long time to dry. Synthetic fabrics such as polyester, polypropylene, nylon, spandex and fleece are better suited for spending lots of time outside in different elements. These fabrics keep the wearer warm even when wet and they dry very quickly. Wool takes a long time to dry but insulates relatively well even when wet.

**Packing**

A Rubbermaid bin or a duffel or hockey bag work well for organizing clothes and keeping them dry and secure in the cabin. We recommend a max size of 68L for the Rubbermaid tub. Anything larger is difficult to carry and does not fit well into the cabins. Please no bins with wheels.

**Smoking**

Our site is a smoke free property. That being said we understand that you may smoke and need to continue despite participating in our programs. If this is the case please get in touch with our Summer Program Manager in order to learn about your options while on our property.

**Come and Meet Us**

Our staff have a vested interest in helping prepare you for camp. Well-prepared people tend to prosper in any camp environment.

**Our Westshore Community Day on June 19 provides** excellent opportunity for campers and parents to meet our staff and discuss programs, care and values inherent in each Thunderbird program. We are sure that both new and returning camp families will find this event informative and enjoyable.

Please plan to attend! (See [www.vancouverislandy.com](http://www.vancouverislandy.com) for times and further details)

### **Telephone**

There is very limited cell reception on our property. Use of cell phones is requested to be discrete as we advertise a screen free environment for our campers and we will have day campers on site at the same time as our family camp. A telephone is available for your use at camp but it is not monitored throughout the day so it is best only for outgoing calls. If you would like to be reached while at camp for emergency purposes you can get have someone call Summer Program Manager at: 250-386-7511

## **Miscellaneous**

### **Lost and found**

Lost and found items are displayed outside the dining hall during the session and are available for review by parents on pick-up days. Lost and found items are kept at camp for 14 days after the session ends and are then donated to charity unless...

you fill out our Lost and Found request form (found on our website) and a staff member will check the lost and found for you. If the item is found, we will contact you and make arrangements to hold it for you at camp until September 15, at the latest. This will give you time to get to camp during our office hours for collection. **We will not be able to transport items into Victoria or Langford in 2017.**

The best ways to help us reduce the amount of lost and found is to talk to your camper about keeping track of his or her things before getting to camp and putting your camper's name on anything brought to camp.

### **Your privacy**

The YMCA-YWCA is committed to maintaining the confidentiality, privacy, and accuracy of personal information it collects, uses and discloses about its participant, members, donors, parents/guardians, staff and volunteers. At the YMCA-YWCA of Vancouver Island (the Y) your privacy is and always has been very important to us. We are dedicated to provide you with superior service while protecting your privacy and safeguarding your personal information. For more information please visit our website: [www.vancouverislandy.com](http://www.vancouverislandy.com)

### **Camp Office**

Camp Thunderbird  
5040 Glinz Lake Road  
Sooke BC V9Z 0E3  
[tbirdmanager@victoriay.com](mailto:tbirdmanager@victoriay.com)  
Phone: (250) 386-7511