

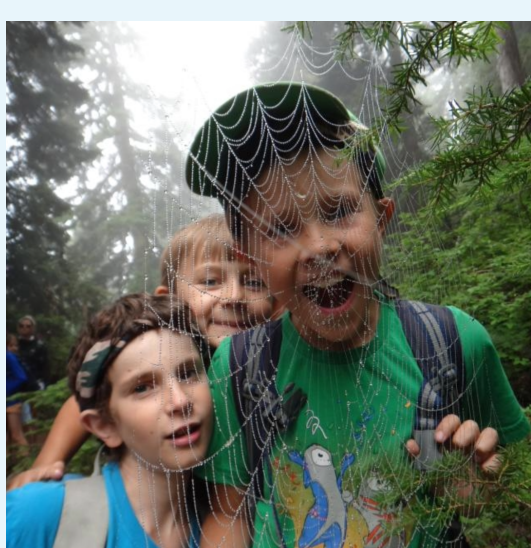


GET READY FOR YOUR ECO-ADVENTURE CAMP

Camp Participant: %%First Name%% %%Last Name%%
Camp Age Group: %%Camp Type%%
Camp Dates: %%Camp Dates%%

Hello campers,

Below is all you need to know to get your young one(s) to camp, ready to have a great week! Please take the time to read all of the information.



IMPORTANT NOTES

- Please ensure your children have appropriate footwear for mountain trails, such as hiking boots or shoes with good grip. Sandals, flip-flops, and canvas shoes such as Vans are not suitable.
- Pack warm layers and be prepared for both rain and shine by sending them with sunscreen, a hat, extra warm clothing, a complete change of clothes, and a raincoat or poncho. Weather in the mountains can differ from the city, so it's good to be ready for any conditions.

FOOD

Please pack plenty of nutritious food for your child! It's a high-energy day, and they will need more fuel than a regular school day.

We are a Nut-Safe / Nut-Aware program. Due to the number of children with nut allergies, please do not pack any nuts or nut products. We will be checking snacks and lunches to ensure everyone's safety.



SHUTTLE BUS



If you have purchased the shuttle bus add-on you will be receiving a separate email with more detailed information by the end of today, so please do look out for that.

If you do not receive a specific shuttle bus email it may be that you have not purchased the shuttle bus option. We offer a convenient shuttle pick-up from Burnaby (BCAA), East Vancouver (Grandview Superstore), North Vancouver (Superstore) and North Vancouver (Parkgate Community Centre).

For more information visit our website [HERE](#). To purchase the shuttle bus, please reach out to our team at 604.986.2261 option 3 by the end of the day Wednesday, prior to the camp start date.

SIGN IN / OUT PROCEDURE

The Shuttle Bus Supervisor will have a Sign in / Sign Out Sheet with them, there is a row for each child.

FIRST NAME	LAST NAME	SHUTTLE LOCATION	PARENT/GUARDIAN #1	PARENT/GUARDIAN #2	AUTHORIZED PICKUPS	BUS #	MONDAY	TUESDAY
SAM	SEYMOUR	GRANDVIEW 55	JULIAN SEYMOUR 000-000	JACK SEYMOUR 111-111	JULIAN, JACK & JENNY SEYMOUR	1	SS	SS JS

The authorized parents/guardians will initial for drop off and pick up. For those driving up the mountain, the same procedure is in place.

PARENT DRIVERS

Please remember the drive up the mountain is 12.5 km and takes 15-20 minutes. Please drop off your campers at 9:00am and pick them up at 4:00pm.

On the first morning a camp staff member will be roadside at the entrance to the sliding (tubing/tobogganing) area to direct you to the correct base-camp for your child. Early drop-offs cut into our instructors' preparation time. We'll be ready for campers at 9:00am sharp!

DIRECTIONS TO CAMP

If using a GPS or Google Maps on your Phone, you must search "Mt Seymour Resort" as your destination.

A "Mount Seymour" google search will yield directions heading north on Lillooet Rd — this is the wrong way!!!

[DIRECTIONS](#)

WHAT TO BRING

THE PARENTS' GUIDE TO PACKING A CAMPER'S BAG

WHISTLE

Based on Adventure Smart's Hug a Tree principles.



RAIN GEAR & WARM LAYERS

Very important: Waterproof jacket or poncho is a must, and pants if you have them. We head outside rain or shine, and some days are not the warmest in the morning!



STURDY CLOSE-TOED SHOES

'Broken-in' hiking shoes, hiking boots or running shoes are best. Please **no** sandals or rubber boots (unless it's very rainy or as backup footwear).

COMPLETE SET OF EXTRA CLOTHES INCLUDING SHOES

Please pack these in a separate bag to leave at camp throughout the week.



FULL SUN PROTECTION

Brimmed hat, sunscreen, sunglasses, and a shirt that covers the shoulders is best.

REUSABLE WATER BOTTLE

We are providing each camper with a reusable water bottle this summer, but be sure to pack an extra (min 500ml).



NUT-FREE SNACKS AND A HEALTHY LUNCH

We are a nut-safe/nut-aware program, so please participate in our efforts to keep everyone as safe as possible. **PACK LOTS OF SNACKS.** It's an active camp, so more fuel is needed than for a regular school day.

MEDICATION

Should they be required. Please ensure medication is labeled (including instructions of use).

HAND SANITIZER



COMFORTABLE BACKPACK

Campers will have a cubby to store items for the duration of camp.

Please no electronic devices or external distractions such as iPod's, portable games, trading cards, toys etc. We are encouraging technology free nature immersion (like when we were kids!). Cell phones will stay at home base in the cubby.

LOST & FOUND

We'll hold all lost & found items until the end of the summer. Items can either be collected from the top of the mountain, or we can put them on one of the Shuttles for pick-up at a stop location. If you believe your camper left something behind, please submit the lost & found form below.

[LOST & FOUND FORM](#)

CONTACT INFORMATION

To reach our team during the week of your child's camp please contact:

Office: 604-986-2261 ext. 201
 Email: summer@mtseymour.ca

In the meantime, if you have any questions, please check out our [Frequently Asked Questions](#) at the bottom of the page on our website, give us a call at 604.986.2216 option 3, or send us an email by the end of the week prior to the start of your camp.

We look forward to meeting your little adventurers very soon!

Yours truly, wildly, and sincerely,

The Eco-Adventure Team



Mt Seymour acknowledges that we operate, live, and recreate on the unceded territory of the Coast Salish peoples, including the territories of the Ɂm̓əkwəjam̓ (Musqueam), skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations. Mt Seymour is committed to true and lasting reconciliation with Indigenous peoples in Canada.

