



## SEA TO SKY PRE-CAMP INFORMATION

### GET READY FOR YOUR SEA TO SKY 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.



### WHICH LOCATION ON WHICH DAY'S?

- Ages 8 & 9** will spend Mon-Weds (3 days) at Mt Seymour, and Thurs & Fri (2 days) at Whey-ah-Wichen / Cates Park.
- Ages 10-12** will spend Mon-Weds (3 days) at Whey-ah-Wichen / Cates Park, and Thurs & Fri (2 days) at Mt Seymour.

### IMPORTANT NOTES

**Mountain Days:** Ensure your children have proper footwear, such as hiking boots or shoes with good grip. Sandals, flip-flops, and canvas shoes (e.g., Vans) are not suitable. Pack warm layers, sunscreen, a hat, extra warm clothing, a change of clothes, and a raincoat or poncho. Be prepared for varying mountain weather.

**Ocean Days:** Bring a complete change of clothes (warm clothing recommended for after paddling), water shoes (or anything you don't mind getting wet), bathing suit, sunscreen, a hat, a towel, and sunglasses.



See full list of 'what to bring' below.



### 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 (Pargate 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, each row pertains to a child and looks just like below.

FIRST NAME	LAST NAME	SHUTTLE LOCATION	PARENT/GUARDIAN #1	PARENT GUARDIAN #2	AUTHORIZED PICKUPS	BUS #	MONDAY	TUESDAY
SAM	SEYMOUR	GRANDVIEW SS	SUSAN SEYMOUR 000-000-1000	JACK SEYMOUR 111-111-1111	SUSAN, JACK & JENNY SEYMOUR	1	SS	SS

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

**Mt Seymour:** 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.

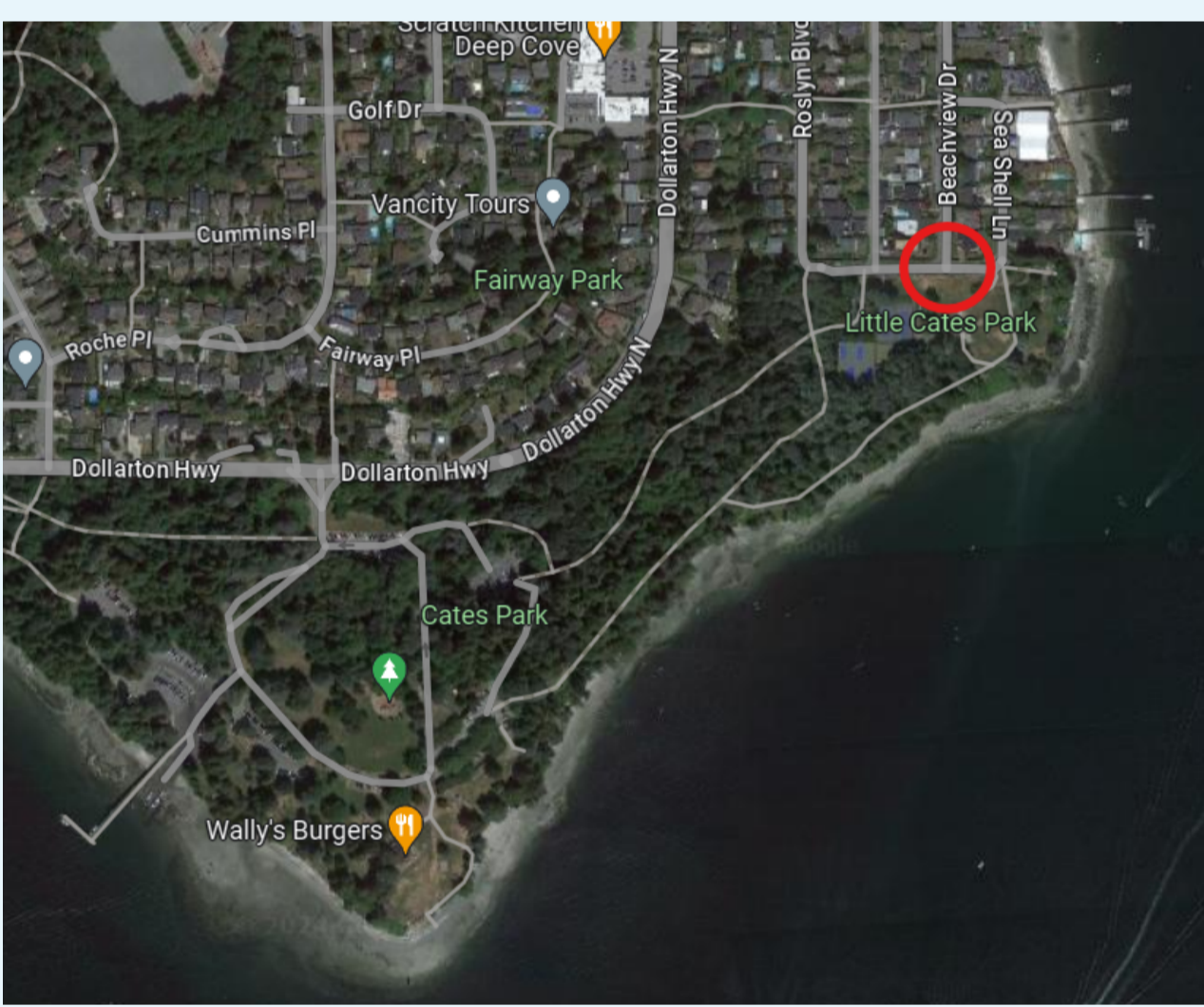
On the first morning a camp staff member will be roadside at the entrance to the sliding (tubing/tobogganing) area to direct you to the correct base-camp for your child. Early drop-offs cut into our instructors' preparation time. We'll be ready for campers at 9:00am sharp!

#### DIRECTIONS TO MT SEYMOUR

**Whey-ah-Wichen / Cates Park:** Please drop off your campers at 9:00am and pick them up at 4:00pm.

Campers should be dropped off and picked up at Little Cates Park near the intersection of Seashell Lane and Beachview Drive.

#### DIRECTIONS TO WHEY-AH-WICHEN / CATES PARK



## WHAT TO BRING

THE PARENTS' GUIDE TO PACKING A CAMPER'S BAG



#### STURDY CLOSE-TOED SHOES & WATER SHOES

"Broken-in" hiking shoes, hiking boots or running shoes are best. Campers also need water shoes or footwear they don't mind getting wet.

#### 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!

#### COMPLETE SET OF EXTRA CLOTHES INCLUDING SHOES

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

#### BATHING SUIT & TOWEL



#### 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

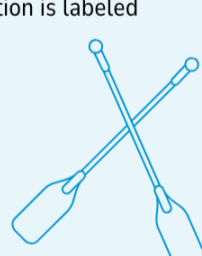
We are a nut-safe/nut-aware program and ask you pack only nut-free foods. **PACK LOTS OF SNACKS.** This is an active camp, so more fuel is needed than for a regular school day.

#### MEDICATION

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

#### WHISTLE

#### 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](mailto: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 x'ma'ikwajəm (Musqueam), sk'wuw7mesh (Squamish), and səlilwataʔ (Tsleil-Waututh) Nations. Mt Seymour is committed to true and lasting reconciliation with Indigenous peoples in Canada.

