



420 Church Camp Road  
Franey Corner, NS  
B0J 2M0  
Ph: 902.644.2479

[ed@sherbrookelakecamp.org](mailto:ed@sherbrookelakecamp.org)  
[www.sherbrookelakecamp.org](http://www.sherbrookelakecamp.org)



**SHERBROOKE**  
EST *Lake Camp* 1964  
**CAMPER MANUAL**

"THIS CAMP WAS MADE FOR YOU & ME"

# Welcome to Sherbrooke Lake Camp!



Jules, Kat & Jade

*2023 Management Team*

Hello Campers!

We are SO excited to welcome you to camp this summer!

Together, we are going to have the best summer ever! We are excited to have you join us to sing, put on skits, gather around the campfire, canoe, swim, hike, learn outdoor skills, and do arts and crafts (and make many, many friendship bracelets). We are excited for you to join the Sherbrooke Lake Camp community!

Sherbrooke Lake Camp is a place for you to be yourself, unplug, have some independence, and create awesome connections. Sherbrooke is a rustic camp nestled deep in the woods, with a kilometer-long sandy beach that will help you cool off on those hot days but is also a beautiful place to canoe, laugh, sing, dance, and play!

We at Sherbrooke are an affirming camp with gender inclusive cabins, opportunities to explore spirituality and ask questions about faith. Regardless of faith or beliefs, campers of all backgrounds are welcome!

So, Camper, are you ready for the most awesome days of your life? We can't wait to meet you and share with you the Sherbrooke Lake Camp magic, where this camp was truly made for you and me!

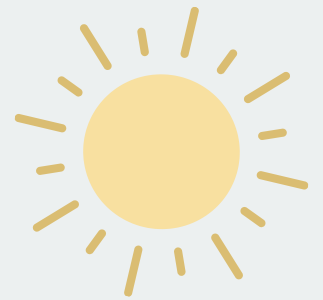
~Yours in Camping,  
Jules, Kat, and Jade (The Management Team)

# A Day at Camp!

This schedule is an example of what a typical day looks like at camp!

## Morning

Wake Up  
Morning Dip  
Morning Watch & Flagpole  
Breakfast  
Discovery Time  
Snack  
Rotations



---

## Afternoon

Lunch  
Activity/Campwide Game  
Tuck  
Free Swim  
Supper



---

## Evening

Activity/Campwide Game  
Flagpole & Vespers  
Campfire  
Snack  
Bedtime





# Packing List

Not sure what to bring? Here is a list of things we recommend packing for your week at camp for comfort, fun, and safety!

---



## Bedding

- Sleeping Bag
    - (Especially for Intermediate/Seniors!)
  - Pillow
  - Extra blanket
  - Mattress topper & sheet (we do have mattresses but optional for more cushion)
- 



## Clothing for all Weather

- Pyjamas, long and short set depending on the weather
  - Sweatshirt(s)
  - T-shirts
  - Jacket(s) (regular and rain)
  - Pants/Sweatpants & Shorts
  - Socks and Underwear
  - Nice outfit for turkey dinner (optional)
  - Bathing Suit(s)/ Beach Towel(s) (more than one if possible)
- 



## Footwear

- Rain boots
- Sneakers (running shoes are needed!!!)
- Sandals

# Packing List Continued



Not sure what to bring? Here is a list of things we recommend packing for your week at camp for comfort, fun, and safety!

---



## Outdoor Gear

- Bug Repellent
  - Sunscreen
  - Hat
  - Sunglasses
- 



## Personal Items

- Backpack to carry one set of clothes (for our out-trips!)
  - Flashlight (extra batteries are a good idea)
  - Water Bottle
  - Camera
  - Hand sanitizer (optional as we will have lots)
  - \*If your camper is bringing candy or extra snacks to camp please ensure that they are kept in an airtight container!
- 



## Toiletries

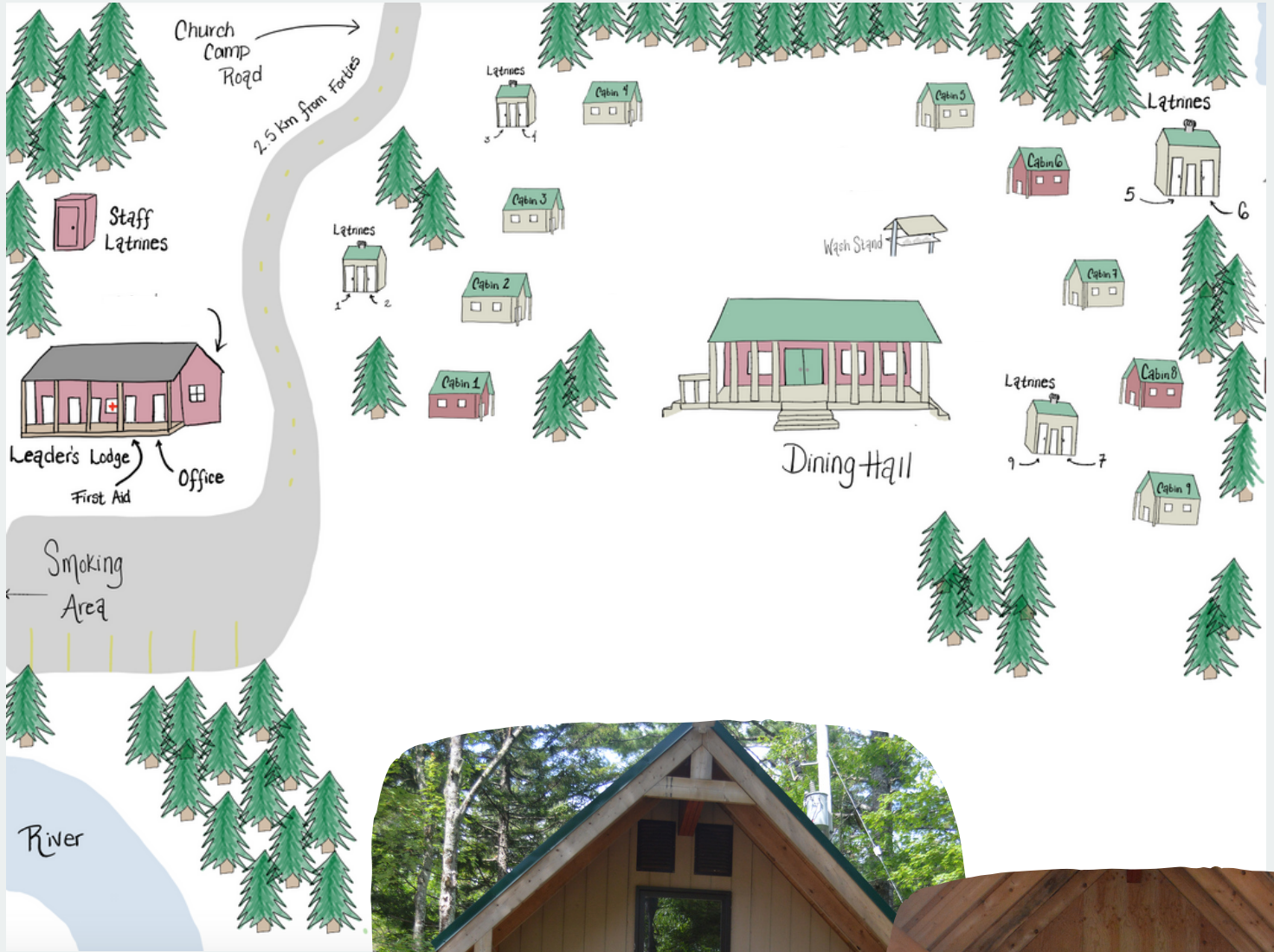
- Face Cloths & Towel
  - Soap & Shampoo
  - Toothbrush, Toothpaste, Floss
  - Hairbrush/Hair Ties
- 



## Medications

- Any medication(s) required, packaged in original containers with pharmacy labels.
  - Please keep these easily accessible for drop-off to the First Aider upon arrival.

# Camp Map

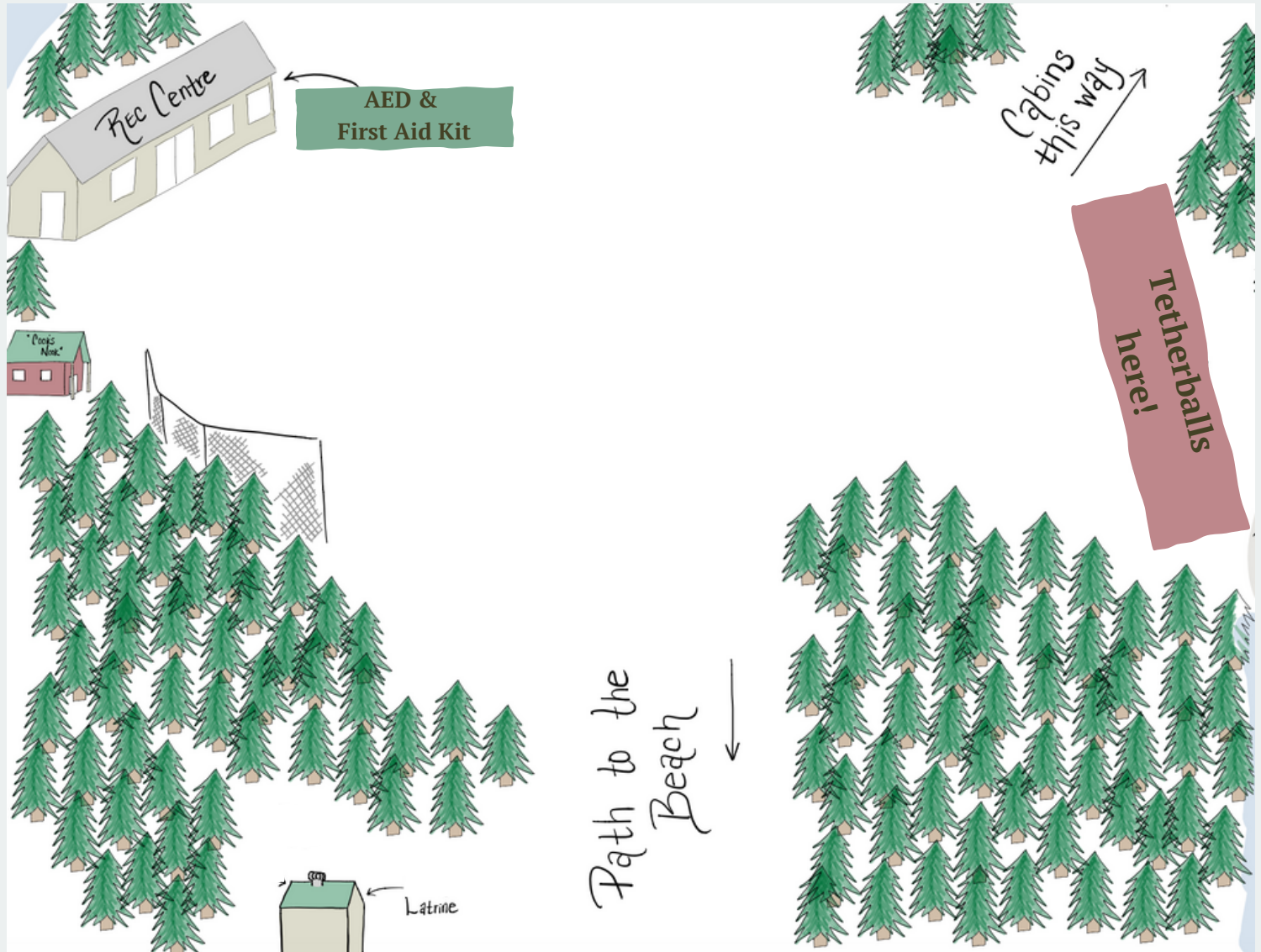


Outside and inside one of our cabins!  
Every cabin is NEW with an inclusive  
change room.



Our dining hall!

# Camp Map

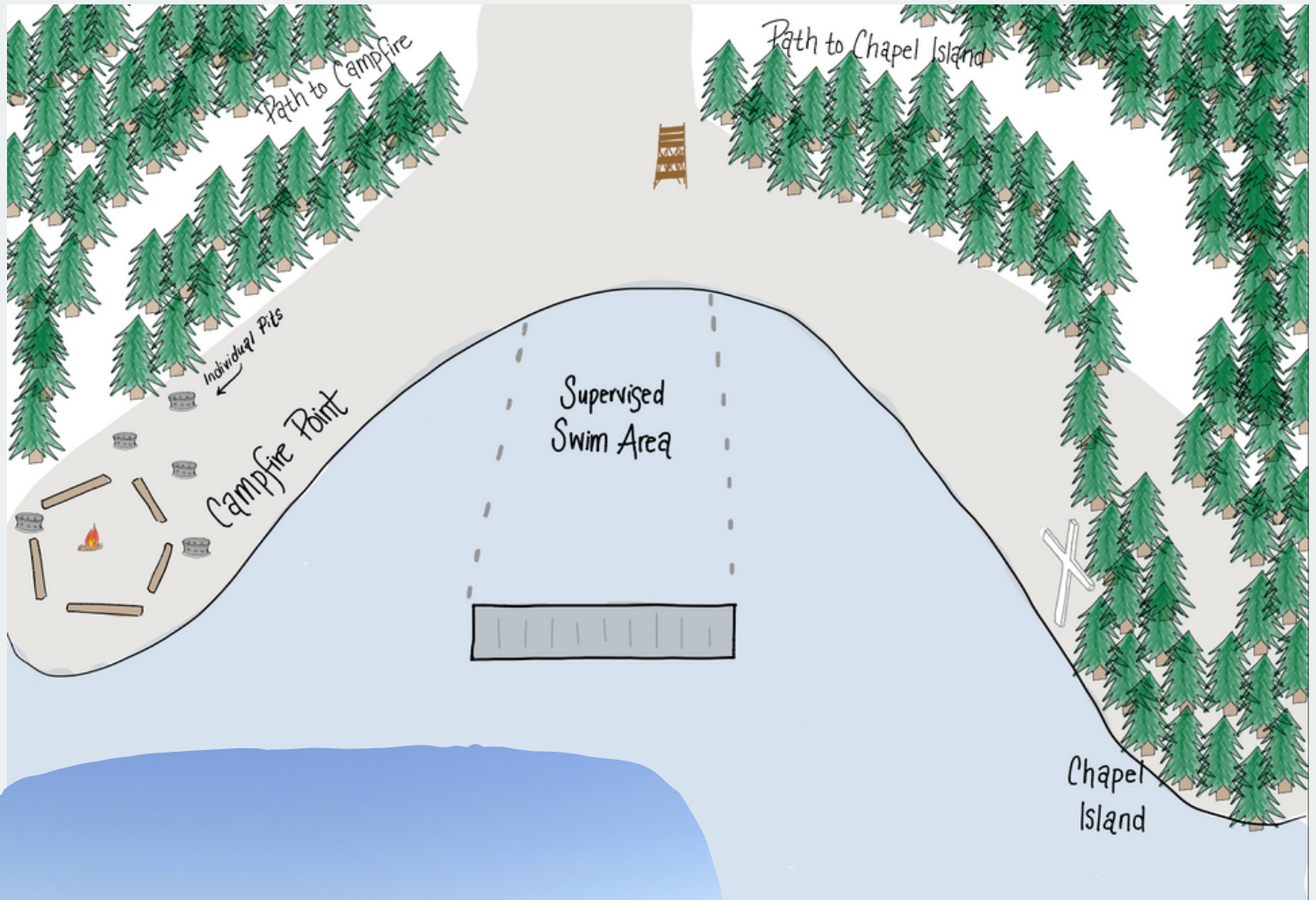


↖ The Rec Centre!

Views from the dining hall



# Camp Map



**Campfire Point!**



Our beautiful beach ♡



# Homesickness

It's very normal for a camper to experience some homesickness while they are at camp. At Sherbrooke, campers will be surrounded by supportive friends, caring staff, and a loving community. Our lovely staff are well trained on how to overcome homesickness, and encourage your camper to create new, wonderful memories at camp.

Here are some tips and tricks to help your camper get the most out of their experience at Sherbrooke Lake Camp:

- Familiarize your camper. Use this guide and our website to introduce camp to your camper before they arrive.
- Pack with them. This is a great way to build excitement and allow your camper to pack some of their favourite things to bring to camp.
- Remind your camper that our staff will be there to support them. Encourage them to talk to someone about their feelings while at camp.
- Pack a journal. Keeping a journal while at camp is a good way for campers to experience the moment and look for the positives throughout their day. It is also a great connection to home!
- Reach out to us before camp if there's anything we can do to support your camper. Our goal is for your camper to have a great camp experience!

## Contact Us!

Please reach out if you or your camper have any questions or concerns.

Jules Lawrence - Executive Director.

[ed@sherbrookelakecamp.org](mailto:ed@sherbrookelakecamp.org)

Katherine Waterbury - Summer Camp Director.

[summerdirector@sherbrookelakecamp.org](mailto:summerdirector@sherbrookelakecamp.org)

Jade Veinotte - Leadership & Wellness Director.

[lwd@sherbrookelakecamp.org](mailto:lwd@sherbrookelakecamp.org)

