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SHERBROOKE
EST *Lake Camp* 1964
CAMPER MANUAL

"THIS CAMP WAS MADE FOR YOU & ME"

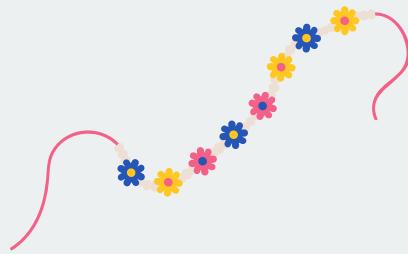
A Day at Camp!

Here is an example of a typical day at Sherbrooke Lake!

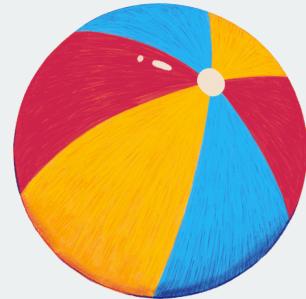


Morning

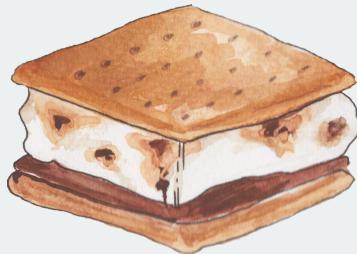
- Rise and Shine!
- Morning Dip
- Morning Watch & Flagpole
- Breakfast
- Discovery Time
- Snack
- Rotations
- Free Swim



Afternoon



- Lunch
- Camp-wide Game
- Tuck
- Free Swim
- Supper



Evening

- Camp-wide Activity
- 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
- Pillow
- Extra blanket(s)
- Mattress topper & sheet (we provide mattresses but you may prefer extra cushion)

Clothing for all Weather



- Pajamas, long and short set depending on the weather
- Sweatshirt(s)
- T-shirt(s)
- Jacket(s) (regular and rain)
- Pants/Sweatpants
- Shorts
- Socks and Underwear
- Nice outfit for our weekly turkey dinner (optional)
- Bathing Suit(s) (multiple if possible)
- Beach Towel(s) (multiple if possible)



Footwear

- Rain boots
- Sneakers (running shoes are a must!!)
- 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 (optional)
- 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
- Hairbrush/Hair Ties

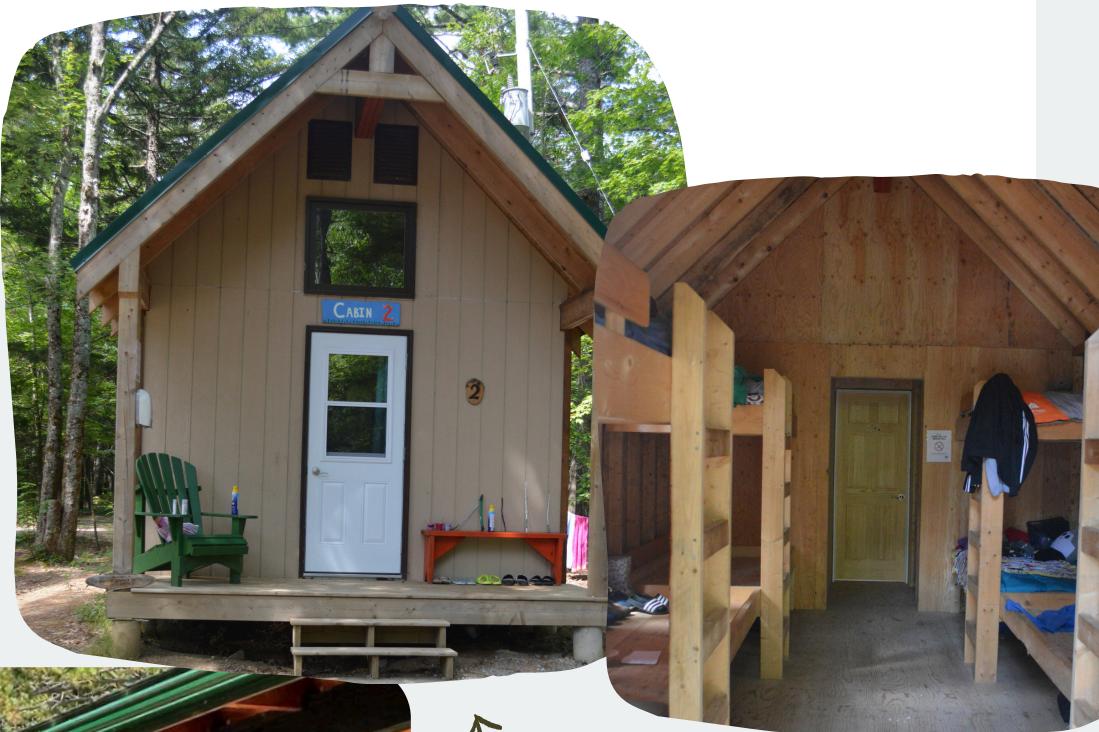
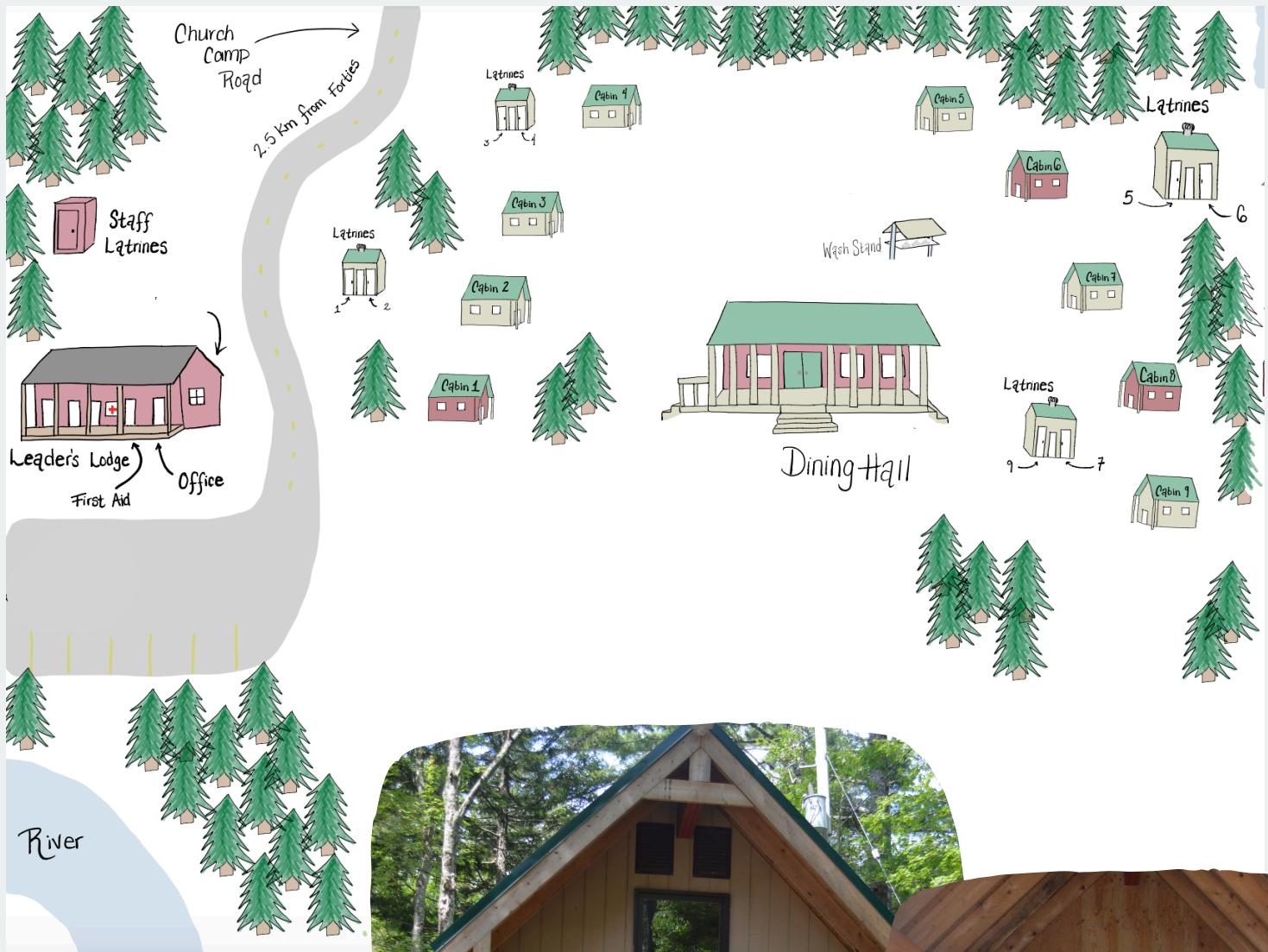
Please note There is not a shower available to campers, however, we swim multiple times a day!



Medications

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

Camp Map

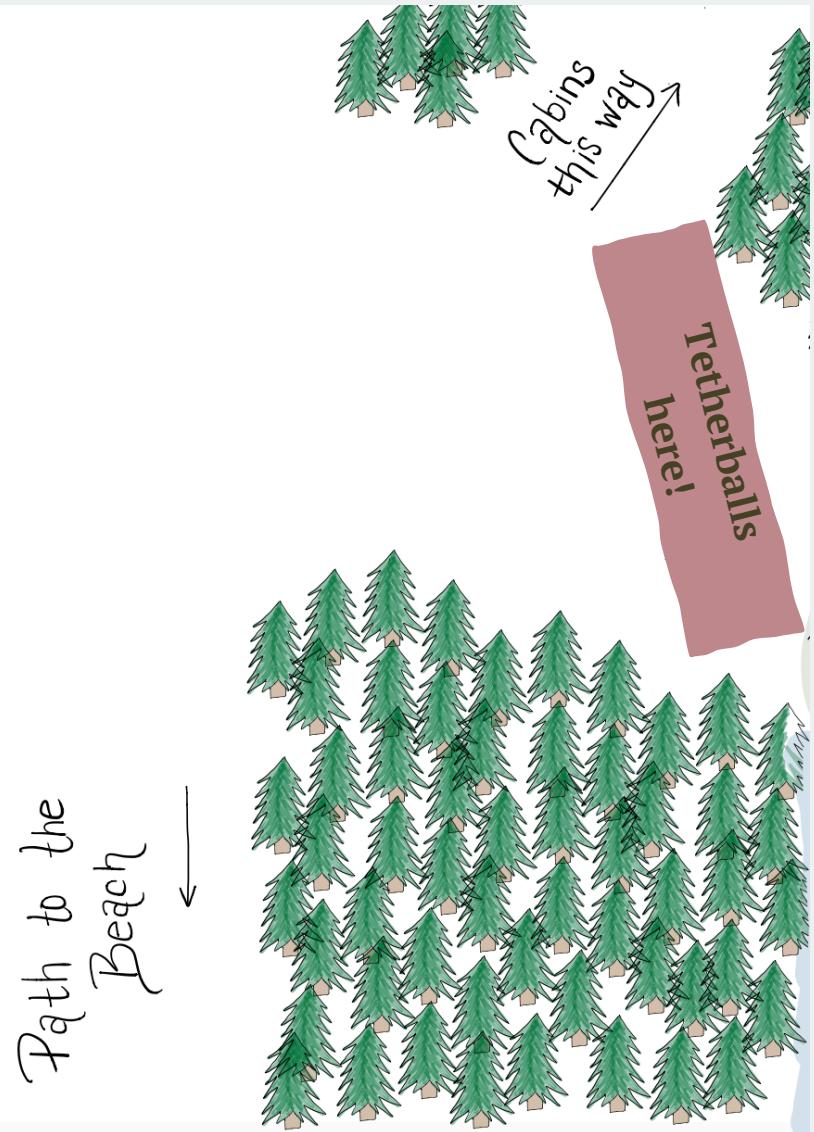
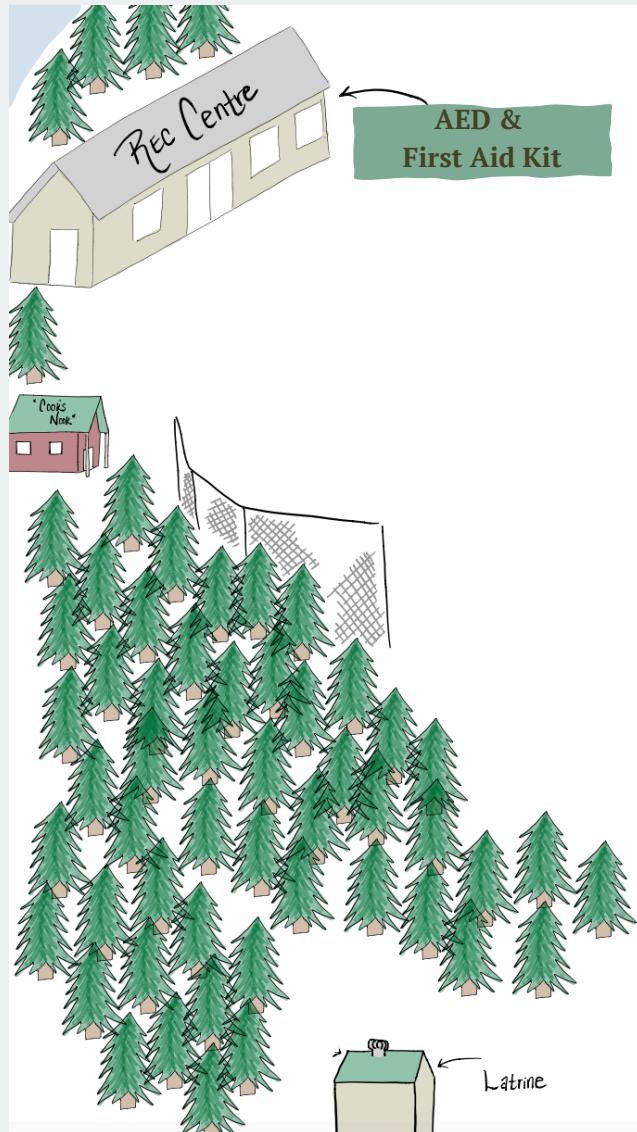


Outside and inside one of our cabins!
Every cabin is NEW with an inclusive change room.



Our dining hall!

Camp Map

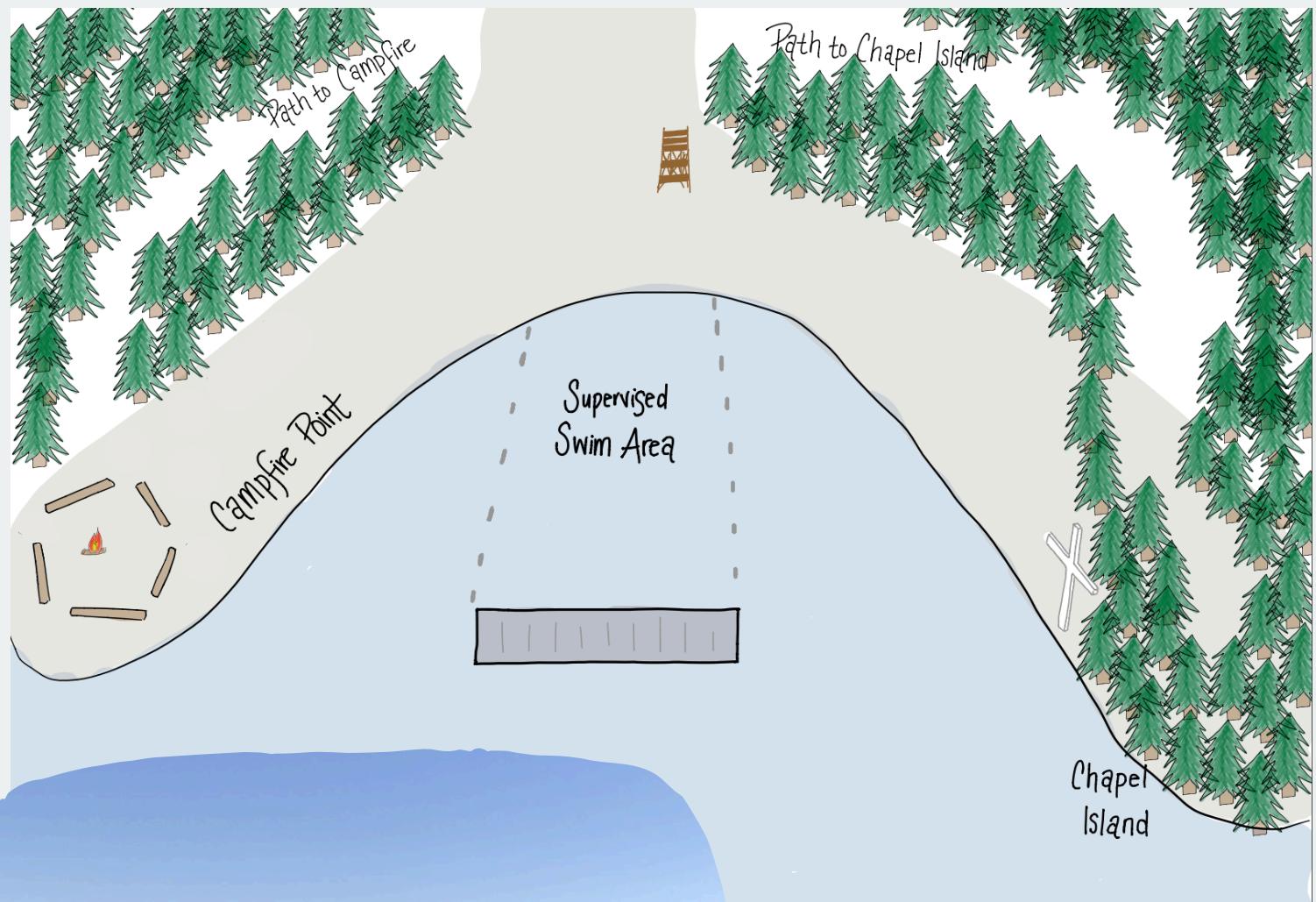


The Rec Centre!



Latrines (outhouses!) with
emergency-use-only showers on
site.

Camp Map



Campfire Point!



Our beautiful
beach ❤



Our Behaviour Guidance Model

● **Green Behaviours: The Camp Spirit We Love!**

These are the positive behaviours we encourage and celebrate:

- Using kind words and actions
- Keeping hands, feet, and personal items to yourself
- Including others and welcoming new friends
- Listening to staff directions
- Staying with your group and within supervised areas
- Respecting cabins, equipment, nature, and personal belongings
- Participating in activities and trying new things

These behaviours help camp feel safe, joyful, and community-centered.

● **Yellow Behaviours: Moments for Learning & Support**

These behaviours may require reminders, redirection, or a quick check-in with staff:

- Not listening to staff directions
- Unkind words, teasing, or excluding others
- Disrespectful behaviour toward people or property
- Not following activity rules
- Using unsafe bodies (running inside, rough play, difficulty staying with the group, etc)
- Refusing to participate or disengaging from the group

Our approach:

- ▶ Gentle reminder
- ▶ Coaching and problem-solving
- ▶ Accommodations when available
- ▶ Restorative conversation if feelings were hurt or space was disrupted

Staff support campers to understand expectations, repair any harm, and successfully rejoin the group.

● **Red Behaviours: Serious Concerns Requiring Immediate Action**

These behaviours pose safety risks and require the highest level of response:

- Physical aggression or intentional harm
- Bullying, harassment, or targeted exclusion
- Threatening behaviour
- Discriminatory language or actions (racism, sexism, homophobia, transphobia, etc.)
- Repeated or escalating behaviour after support
- Possession or use of alcohol, vaping devices, or drugs
- Elopement

Our approach:

- ▶ Immediate intervention by leadership staff
- ▶ Parent/guardian contact
- ▶ Early pick-up if safety cannot be maintained

Sending a camper home is always a last resort, used only when all other interventions have not been successful or someone's safety is at risk.

Homesickness

Homesickness is a totally normal and fairly common to experience at camp! At Sherbrooke, campers will be surrounded by supportive friends, caring staff, and a loving community. Our team is well trained to support campers experiencing homesickness and to help them overcome it!

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.

Maddie Stewart - Summer Camp Director

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Hannah Bawn - Business Manager

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FRIENDSHIP CROSSING

DESIGNED AND BUILT IN 1978 BY THE STAFF AND FRIENDS