



Lochdale Grade 7: YMCA Camp Elphinstone Trip **Info Package and Packing List**



Purpose: To develop, independence, responsibility, physical literacy, and community, and to learn about, appreciate, and experience BC's natural beauty

Cost: **\$191.82 per student**

Dates: **Wednesday, Sept. 18, 2019 to Friday, Sept. 20, 2019**

Location: **YMCA Camp Elphinstone**
1760 YMCA Rd, Gibsons BC, V0N 1V6

Details:

- Students need active clothes and be ready to be outdoors for all kinds of (mild) BC September weather.
- Students will take a school bus and the BC ferry to Gibson's, BC and back to Lochdale Community School.
- Students will be provided 3 healthy meals a day (buffet style) by the YMCA facilities and have access to clean drinking water at all times.
- Students will be staying in newly built cabins, with bunk beds + mattresses, hot water, heaters, individual washroom + showers.
- Sleeping arrangements: female students sleep in separate cabins with female staff; male students sleep in separate cabins with male staff; students will not be permitted to access opposite gender cabins at any time.
- Students will be given outdoor survival and safety lessons by Lochdale and YMCA staff.
- Students will be under direct supervision of Lochdale and YMCA staff at all times.

Please do not hesitate to contact the school if you have any other questions or concerns.

Sincerely,

Mr. M. Seradilla & Ms. C. Tan
Grade 6/7 Teachers
604 296 9019

Please send all email enquiries to: Manuel.Seradilla@burnabyschools.ca



PHOTOS



Camp Elphinstone



Dining Hall



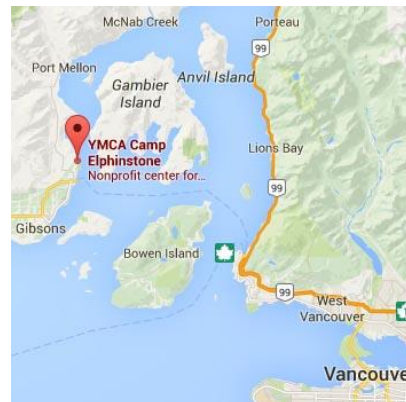
Student Cabins – Exterior



Student Cabins – Interior 1



Student Cabins – Sleeping Quarters



Camp Location



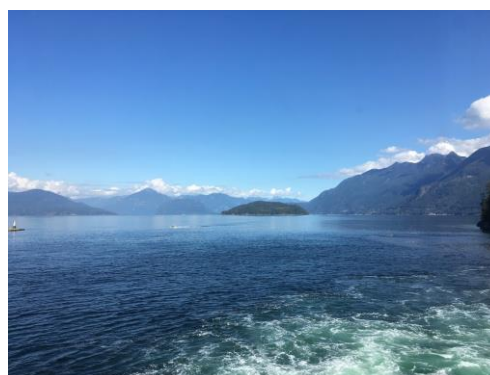
LOCHDALE COMMUNITY SCHOOL **Camp Elphinstone Field Trip Itinerary**

WEDNESDAY (Sept. 18, 2019)

8:00 am:	<ul style="list-style-type: none"> • Students arrive at Lochdale Community School • Attendance • Bus loading
8:15 am:	<ul style="list-style-type: none"> • Bus departs Lochdale Community School
~ 9:30 am:	<ul style="list-style-type: none"> • Arrive at Horseshoe Bay ferry terminal
9:50 am:	<ul style="list-style-type: none"> • Ferry to Langdale departs Horseshoe Bay
~ 11:00 am:	<ul style="list-style-type: none"> • Arrive at Sunshine Coast; walk to camp
~ 11:45 am:	<ul style="list-style-type: none"> • Arrive at Camp Elphinstone

FRIDAY (Sept. 21, 2019)

9:45 am:	<ul style="list-style-type: none"> • Leave Camp Elphinstone for Langdale Ferry Terminal
10:55 pm:	<ul style="list-style-type: none"> • Ferry departs for Horseshoe Bay
~ 12 pm:	<ul style="list-style-type: none"> • Arrive at Horseshoe Bay ferry terminal
12:30 pm:	<ul style="list-style-type: none"> • Take bus back to Lochdale Community School
~ 2:00 pm:	<ul style="list-style-type: none"> • Students arrive at Lochdale Community School <p>***PARENTS: Please be at Lochdale by <u>3:00pm</u> to pick up your child***</p>





PACKING LIST

This is a list of suggested items your child should bring to camp. Please do not commit to extra expenses to provide every item below since they may not use all of them during the trip. The main idea is to **bring sturdy/comfortable footwear** as well as enough **clothing to stay dry** for a very active and outdoorsy 3 days and 2 nights. **Pack light** as your child will have to carry their own bags up to the bus and ferry. Thank you for your cooperation.

****Please clearly label all your child's items and belongings with her/his name to avoid losing personal items****

<p><u>Sleeping gear</u></p> <ul style="list-style-type: none"> o Sleeping bag o Pillow with case/cloth bag <p><u>Clothing</u></p> <ul style="list-style-type: none"> o Underwear enough for 3 days and 2 nights o Shirts enough for 3 days and 2 nights o 2 pairs of pants (jeans or sweat pants, preferably something water-resistant) o 1-2 pairs of shorts o 1-2 swim suits o 1 long sleeved shirt o 1 warm sweater o 1 waterproof jacket (or any rainy weather gear in case of rain) o 1 hat o 1 pair of runners / hiking boots (there will be field sports and hiking) o 2 bath towels (1 for swimming, 1 for bathing) o 1 set of pyjamas 	<p><u>Personal hygiene</u></p> <p><i>(Please put all of these items in a zip lock bag to prevent the camp counsellors from accidentally exposing it to heat treatment*)</i></p> <ul style="list-style-type: none"> o Soap w/ container o Shampoo o Comb / hair brush o Deodorant/antiperspirant o Toothbrush, toothpaste, floss o Sunscreen o Insect repellent o Allergy medications (students are responsible for having this on them at all times) <p style="text-align: right;"><i>*See "HEAT TREATMENT" section</i></p> <p><u>Backpack</u></p> <ul style="list-style-type: none"> o 1 small backpack for hiking o 1 water bottle o Pens, pencils, some colouring materials, lined paper o Small book / novel to read for pleasure o 1 flashlight (test at home to make sure it works) o Camera (<u>optional</u>: student takes full responsibility; school will not be liable for loss or damage)
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****Students are **NOT ALLOWED** to use cellphones or MP3 players or video game systems once we arrive at camp. The focus of the trip is to enjoy the outdoors and build community. These items will distract them from the trip's goals.****

<p><u>Banned items at Camp Elphinstone:</u></p> <ul style="list-style-type: none"> ✗ Candy and gum ✗ Junk food ✗ Knives / any sort of sharp objects ✗ Electronic games or music players ✗ Cell phones ✗ Laptops / any sort of computers ✗ Hair dryers, curling irons, flat irons 	<p><u>HEAT TREATMENT</u></p> <p>Camp Elphinstone treats all camper luggage for bed bugs before entering their camp grounds. They expose all camper belongings to 125° C (about the temperature of a clothes dryer) to prevent the spread of bed bugs. Items that cannot be heated must be put in a large zip lock bag with your child's name on it.</p> <p>The following items, should your child bring them, must be placed in their labeled zip lock bag:</p> <ul style="list-style-type: none"> o All items under "Personal Hygiene" section o Any plastics (hair elastics, cosmetics, water bottle, flashlight, etc.) o Any school supplies and books (pens, pencils, colouring materials, lined paper, etc.) o Any aerosols o Flashlight o Camera o Medicines o Any food or drinks
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Cost Breakdown Per Student

Expense	Cost per student
Camp Fees <ul style="list-style-type: none">Lodging3 meals per day x 3 daysFacility use (beaches, hiking trails, archery, high ropes, rock wall, kayaking, canoes, sports equipment)Activity instructors and supervisors	\$ 159.58
Bus <ul style="list-style-type: none">From Lochdale Community School to Horseshoe Bay, and vice versa	\$17.24
Ferry <ul style="list-style-type: none">Horseshoe Bay to Langdale, and vice versa	\$15
Total cost per student:	\$ 191.82

We sincerely thank the LCSA for all their year-round fundraising efforts in support of our outdoor education program.

A big thank you goes to Strong Kids organization for subsidizing the cost of our trip this year.

Camp Elphinstone Information

Website: [http://www.vanymca.org/camps/overnightcamp.html#YMCA Camp Elphinstone](http://www.vanymca.org/camps/overnightcamp.html#YMCA%20Camp%20Elphinstone)

About: *(from website)*

“Surrounded by temperate rainforest and the rocky shoreline of Howe Sound, Camp Elphinstone’s 144 acres allows campers ages 5–17 to experience the beauty of our natural environment. Located on BC’s Sunshine Coast near Gibsons, just a 40-minute ferry ride from Vancouver, Camp Elphinstone offers both day camp and overnight camp in one-week, two-week, and four-week options. Camp Elphinstone offers many activities, including sailing, canoeing, swimming, kayaking, arts and crafts, archery, high and low ropes, and so much more.”

Contact info:

Tel: 604-886-2025

E-Mail: [camp.elphinstone at gv.ymca.ca](mailto:camp.elphinstone@gv.ymca.ca)

Address: 1760 YMCA Rd, Gibsons BC, V0N 1V6



*****Please note that Lochdale Community School staff reserve the right to immediately send home students who do not follow instructions during the trip or put themselves/others in danger. Parents are expected to pick up their children at the Horseshoe Bay ferry terminal asap should this situation occur.*****

Thank you Lochdale families for your help and cooperation!