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Thursday, October 18, 2018

Hello Camp Elphinstone Parents/Guardians,

Monday, October 22<sup>nd</sup> is the day we are off to Camp Elphinstone. Hopefully you received the paper copy of the packing instructions. Attached to this document is another copy of the information to review this weekend and ensure you pack appropriately. Here are some key pieces of information:

1. Students are to arrive **no later than 8:00am** in the morning on Monday and should go straight to the gym.
2. All luggage, sleeping bags and pillows will travel in a Uhaul and be put in a heat room at Camp Elphinstone.
3. Toiletries and plastics susceptible to dryer temperature heat should be packed in a backpack and carried by the students.
4. Forecast is for rain on Tuesday and Wednesday. Please ensure students come prepared.
5. Absolutely no electronics or disposable cameras are to come on this trip.
6. Students are aware of behavior expectations. Students who do not follow the code of conduct will be required to go home. Parents will be asked to pick them up at the ferry.
7. Students have received the information to which bus, cabin and activity group they have been placed. These are final and there will be no further changes. It takes a great deal of time and effort to accommodate everyone in all areas. We have done our best.

\*If your child is no longer able to attend Camp Elphinstone, it is very important that you advise the school office as soon as you are able, prior to 8AM on Monday morning. Please use the email [081-office@sd43.bc.ca](mailto:081-office@sd43.bc.ca) to provide the absence information.\*

Thank you to the staff and parents who have volunteered to support Maillard students on this great adventure.

Sincerely,

Tristan McCutcheon  
Principal  
**Maillard Middle School**  
[tmccutcheon@sd43.bc.ca](mailto:tmccutcheon@sd43.bc.ca)

## CAMP ELPHINSTONE INFORMATION

### What to pack:

- Sleeping bag
- Pillow (optional)
- Toiletries (such as toothbrush, toothpaste, face cloth, soap, deodorant and shampoo)
- Bath towel
- Flashlight
- Laundry or garbage bags for dirty laundry
- Reusable water bottle
- Insect repellent (optional items)
- School supplies if required by teachers (e.g. exercise books, pencils, etc.)
- Complete change of clothes that suits the length and weather of your stay (see below)

**What to wear:** Be sure to check the weather before packing for camp and pack clothes that you can be active in. Ex: Jeans can really slow down the ability to participate in many activities once they are wet. Avoid cotton if possible; synthetic materials and wool are best for outdoor activities.

- Pants
- Shorts
- T-shirts
- Sweater or warm jacket
- Rain gear (an inexpensive poncho works great!)
- Bathing suit and towel (if participating in waterfront activities)
- Sturdy shoes: sneakers or light hikers are best (new footwear just for camp is not necessary) – try to have two pairs so that if one gets wet you'll have a dry pair
- Extra shoes or rubber boots (if rain is forecasted)
- Sandals (for waterfront activities)
- Pyjamas
- Socks and underwear
- Sun hat and sunscreen (weather pending)

**Please Do Not Bring the Following Items:** Camp Elphinstone will not be held responsible for lost or damaged items. Items listed will be removed for animal/human safety and security reasons.

- Knives or other weapons/pocket tools • Money or other valuables
- Any electronics: iPods, cell phones, gaming devices, radios, etc.
- Food or drinks (except for water)

Please be sure to properly label your belongings with both your name and group name. Items left behind will be kept and held for 2 weeks, after which will be given to those in need.

### **What is a heat room?**

To keep your home and our facility bed bug free, we have a specially constructed heat treatment room. Bags are heated to 125 degrees (about the temperature of a clothes dryer) which ensures that any bed bugs and/or eggs that may be contained within participants' belongings are killed prior to moving into cabins. The whole process takes 2 hours.

### **What goes in the heat room?**

All bedding, clothing, and cloth bags must go in the heat room

### **What doesn't go in the heat room?**

- Plastics, such as toiletries and cosmetics
- Cameras and any other electronics (should be left at home)
- Medicines and medical devices
- Aerosols or creams (e.g. sunscreen)
- Food, including pop cans (these items are not allowed at camp anyway)
- Candles and wax
- Photographs

### **How should I pack my bag?**

- Write your name and your group's name on a plastic zip-lock bag and put all items not to be treated in this bag
- Keep this zip-lock at the top of your overnight bag so it can easily be removed before the overnight bag goes in the heat room
- Zip-locks will be placed in bins and given back to you when you collect your treated luggage