

CAMPER'S HANDBOOK

SUMMER 2023



KTA
CAMP
TEKAKWITHA

Dare to grow!

DEAR CAMP TEKAKWITHA PARENTS, CAMPER'S AND PIONEERS !

It is with pleasure that we present you the Camper's Handbook. You will find all the information you need to properly plan and organize your stay at Camp Tekakwitha.

Your child is about to live unforgettable moments and experiences. They will be able to let themselves be enchanted by the *Tekakwithian* magic while surpassing their limits and forging everlasting friendships.

Our team has been hard at work for several months to welcome them this summer, with open hearts and arms. We are already looking forward to getting to know them. Let the 85th *Tekakwithian* summer begin!

Thanks for your trust and see you soon,

THE TEKAKWITHA CAMP TEAM

Head Office

2035 rue du Haut-Bord, #315
Québec, QC
Canada, G1N 4T1

Telephone: 1 (418) 843-1532

Summer

67, Camp Tekakwitha Road
Leeds, ME
U.S.A. 04263

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CORPORATE MISSION

Tekakwitha is a French-speaking summer camp and a living environment offering youths educational support for personal and spiritual growth through constant and conscious contact with nature, focus on the person, community life, surpassing oneself and living meaningful experiences in a physical and psychological outdoor environment.



RULES

With the intention of offering everyone a healthy, safe living environment, free from violence and promoting respect for each person, we advise you of the rules that everyone must respect (campers, pioneers, staff, visitors, etc.):

- We do not tolerate offensive gestures or words towards others, whether it is intimidation, violence, or disrespect towards the staff, campers, and pioneers. The management team reserves the right to terminate the stay of any person presenting behavioral problems disrupting the activities.
- It is absolutely forbidden for campers and pioneers to smoke (cigarettes and/or vapes) at camp under penalty of immediate dismissal.
- Any camper or pioneer found in possession of drugs or alcohol will be automatically and immediately expelled from the camp.
- Sweets and any other food from outside are prohibited, both for sanitary reasons and to limit the risk of contamination due to allergens. We reserve the right to open a package which appears to go against our regulations or to contain a prohibited article. If necessary, the article will be removed and returned to you at the end of the stay.
- The camp is a peaceful environment in nature where information technologies (cell phones, tablets, etc.) have no place. Any electronic device should stay at home or must be handed over to the Administration upon arrival at camp.

HEALTH FORM

You must duly complete the health form directly on the Sport-Plus platform before your child arrives at camp. You must provide us with complete and exhaustive information on:

- allergies and/or intolerances;
- medications (taken at camp or not);
- injuries;
- particular conditions.

We require a medical examination if your child has a particular health problem (asthma, heart defect, epilepsy, chronic illness, etc.,) or any recent acute illness or injury (pneumonia, impetigo, concussion, sprain, etc.) ,).

We ask for your cooperation in detecting and eliminating head lice (pediculosis) before your child's arrival at camp.

UPDATE - COVID-19: We remind you that as of March 31, 2023 any non-American wishing to enter the United States must be vaccinated, although we do not require vaccination at Camp Tekakwitha. For more information, refer to the US Homeland Security website.



TRAVEL MEDICAL INSURANCE

All campers must mandatorily be covered by travel insurance (if they are not American) or medical insurance (if they are American) for the entirety of their stay.



Still on the Sport-Plus platform, you must complete the travel/medical insurance section of the health form. Include the insurance policy number and the policy holder's name to ensure your child is covered and so that we can use this information in case of emergency.

- If you already have travel and/or medical insurance coverage (for example through your employer or a group insurance program), please check that it covers your child;
- **We can no longer offer travel insurance coverage.** If you do not have personal travel and/or medical insurance, you must purchase travel insurance in your child's name (eg: blue cross) on your own.

Usually, and please check/confirm with your insurer:

- Treatments, consultations or actions related to prior conditions are excluded/not covered;
- Insurance policies are considered VOID and WITHOUT EFFECT:
 - if your date of departure from Canada is before the date of coverage
 - if the date of return to Canada is after the date of coverage
 - if the entire trip is not covered by the same insurance contract



LUGGAGE

Luggage must be in duffle bags and not in rigid suitcases (example: hockey equipment bag), in order to facilitate storage under the bed.

It is important to send your child to camp with the appropriate equipment and clothing adapted to a stay in camp, more specifically outdoorsy and sometimes messy activities.

ALL clothing and items must be identified with your child's name.

- mabelslabels.com and lovablelabels.ca. are good places to get durable, quality sticky labels.
- Permanent markers specially designed for fabrics are an effective and fast way of identification.

Clothing should be provided for approximately seven (7) days. The children's laundry is done once a week by our laundry person.

Camp Tekakwitha cannot be held responsible for any damaged, lost or stolen objects and/or clothing. Any unclaimed items or clothing by October 1, 2023 will be donated to local charities.

Prohibited clothing and items :		
Designer or valuable clothing, jewelry and/or accessories	Matches and/or lighter	Permanent markers
Triangle or bandeau bikinis	Aerosols (sunscreen, bug repellent, etc.)	Electronics (videogames, cellphones, tablets, hairdryer et hair curler/straightner, etc.)
Male swimsuit without mesh underwear	Knives	Food, candy, treats, etc.

NOTE: We ask for your collaboration so that your child, camper or pioneer, leave these items at home. Otherwise, they will be collected, put in a safe place and returned at the end of the stay.

PACKING LIST

CAMPERS & PIONEERS: 8 TO 17 YEAR OLDS

8 short sleeve t-shirts		1 comforter or duvet		Sunscreen SPF 30 minimum	
3 warm sweaters or sweatshirts		2 single bed sheet sets		Wet wipes (type <i>Wet-Ones</i>)	
3 pants		1 pillow		Mosquito repellent	
6 shorts		2 beach towels		Backpack (for camping)	
7 socks		2 bath towels		Sleeping bag	
8 underwear		2 pairs of running shoes or sneakers		Sleeping pad	
2 warm socks		1 or 2 pair of sandals (avoid leather)		1 <i>Nalgene</i> water bottle (at least 1 L)	
2 ou 3 active swimsuits		1 pair of rubber boots		Mug, bowl and cutlery for camping	
2 pyjamas		Toothbrush and toothpaste		Headlamp and batteries	
1 hat or head scarf (<i>Buff</i>)		Comb or hairbrush		2 regular size trash bags (± 50 L)	
1 rain jacket		Shower caddy (shampoo, body soap, etc.)		Laundry bag	
Optional: a dressy outfit for the <i>Gala</i> (July 19 & August 16)		Tampons and pads			

OPTIONAL ITEMS

Musical instrument		Letter paper, envelopes and pencils	
Books		Disposable camera	
Playing cards and other pocket games		Fishing rod	

SPECIFIC MATERIAL

EXPLORATORS (13 YEAR OLDS)



Hiking boots		1 <i>Nalgene</i> water bottle (total minimum 2 L)	
1 quick dry travel towel		1 trekking backpack (55 to 75 L) with padded shoulder straps and hipbelt	
1 warm pants (avoid cotton)		Coverpack	
1 fleece sweater (avoid cotton)		1 sleeping pad (foam or inflatable)	
1 quick dry t-shirt		1 sleeping bag (IMPORTANT: must fit inside the backpack and mustn't take up more than 1/3 of available space)	
1 quick dry shorts		Beanie and glove/mitts	
2 pairs tech socks		1 pair water sandals (<i>Crocs</i>)	

SPECIFIC MATERIAL

PIONEERS (14 TO 17 YEAR OLDS)



2 quick dry t-shirt		1 active hat or head scarf (<i>Buff</i>)	
1 fleece sweater (avoid cotton)		1 sleeping pad (foam or inflatable)	
1 warm pants (avoid cotton)		1 or 2 compression sack(s) (\pm 10 to 20 L)	
2 quick dry shorts		1 or 2 dry bags (\pm 5 to 15 L)	
3 sets sport underwear		12 freezer <i>Ziploc</i> bags \pm 28 x 27 cm	
3 pairs tech socks		6 freezer <i>Ziploc</i> bags \pm 17 x 18 cm	
Beanie and glove/mitts		2 trash bags (\pm 50 L)	
Hiking boots		1 hydration reservoir or 2 <i>Nalgene</i> water bottles (total minimum 2 L)	
1 pair water sandals (<i>Crocs</i>)		ClO ₂ water treatment (<i>Pristine</i> or <i>Aquamira</i>)	
1 quick dry travel towel		1 duct tape roll	
1 trekking backpack (55 to 75 L) with padded shoulder straps and hipbelt		2 or 3 Bungee cords \pm 60 cm	
Coverpack		Pealess <i>Fox 40</i> whistle	
1 sleeping bag (IMPORTANT: must fit inside the backpack and mustn't take up more than 1/3 of available space)		Optional: hiking poles, gaters, USD cash, spare laces, pocket knife, etc.	

NOTE: Senior Pioneers (16-17 years old):

You must plan a spare set of trekking clothes which will be provided to to you during the mid-trail resupply.

RECOMMENDATIONS

FOR PIONEERS (14 TO 17 YEAR OLDS)

Technical Socks:

Technical socks made of merino wool and/or synthetic fibers are perfect for hiking. They wick away moisture and protect the feet. Cotton socks are to be avoided.

NOTE: The use of a thin undersock (liner), in synthetic fiber or wool, allows a multi-layer superposition which helps to prevent blisters.



Hiking boots:

Your teenager will carry the equivalent of a third of their weight on their back. It is better to choose a high boot to protect the top of the foot and provide better ankle stability. A boot with an aggressive, grippy Vibram-type sole is also recommended.

IMPORTANT: They must wear their new pair of boots several times before arriving at camp to prevent blisters and injuries.

Trekking Backpack:

The backpack must correspond to the size and morphology of your teenager. If the choice of sizes and models is limited, choose the one that can be adjusted easily because it is better that it is slightly larger than too small. A quality backpack features a waist belt, padded and adjustable shoulder straps, and a padded back. An expedition bag suitable for Tekakwithian treks must be able to hold a minimum of 55 liters.

A used or borrowed bag can be an excellent alternative provided that you have done tests beforehand to validate the comfort, size and volume.



Sleeping Bag:

The temperature rating of a sleeping bag is for guidance only. We recommend a three-season sleeping bag (approximately -7°C) which will be more versatile. Choose an easily compressible, light and compact model. Down and synthetic fiber are both valid options.



Sleeping pad:

A classic foam sleeping pad works just fine. Even though it is bulkier, it is very light, dries quickly and can be hung outside the backpack.

Inflatable sleeping pads are more expensive but more comfortable. It must be ensured that the volume once deflated can be stored inside the backpack.

CALENDAR



Regular stays 8 to 17 years old	ARRIVAL between 10 AM and 2 PM	DEPARTURE before 11 AM
First Month	June 24	July 20
Second Month	July 22	August 17

Half-Stays 8 to 10 year olds only	ARRIVAL between 10 AM and 2 PM	DEPARTURE before 11 AM
First 2-week stay	June 24	July 6
Second 2-week stay	July 7	July 20
Third 2-week stay	July 22	August 3
Fourth 2-week stay	August 4	August 17

Some kids may be apprehensive about coming to camp, it happens. To prepare your child well for their stay away from home, here are some practical tips...

1. Tell your child that it's normal to miss home, but that they can combat this gloom by writing you letters and/or sharing their feelings with their counsellor.
2. Discuss with your child what to expect at camp before they leave. Visit our website, consult our Facebook page or our Instagram account to show images of the camp to your child, and thus transform this apprehension into enthusiasm!
3. Don't try to bribe them. Promising a reward for a successful stay at camp defeats the purpose. The reward should be the confidence and autonomy they will acquired during their stay.
4. Include a personal item, such as a stuffed animal or family photos, in their luggage.

We have found over the years that it is the parents who have the most difficulty separating! By remaining positive and convinced in our ability to offer a positive experience and in your child's ability to overcome this "challenge", you will reassure them. You will set the tone for their stay and they will get the most out of their camp experience.

PREPPING FOR THE SUMMER CAMP EXPERIENCE



ARRIVAL DAY

Welcome between **10 AM and 2 PM**

MANDATORY STOP AT
THE **OFFICE**

CHECK IN AT THE
INFIRMARY

VISIT THE SITES
& LUNCH



In addition to helping your child settle into their cabin, you will need to:

- Drop off your child's passport, plane ticket, cell phone and/or other valuables at the Office;
- Sign the missing authorizations and validate the insurance coverage;
- Pay the remaining balances, or others if applicable;
- Specify the spending limit during their stay;
- Update your child's health status and specify any other specific information;
- Drop off medications at the Infirmary.

We then invite you to visit the premises, meet the staff and who knows, maybe take a dip in the magnificent Lake Androscoggin.



Where to have lunch?

- Buffet: meet at the Refectory between 11:30 AM and 1 PM on June 24 or July 22 to enjoy a generous and delicious buffet.
- Picnic: you brought your own lunch? Great, there is no lack of space, in the shade or in the sun, to have a picnic.
- Catering: do you prefer to eat at a restaurant? Many options are available to you around the camp. Ask our staff members for recommendations!

IMPORTANT: If you are coming to drop off your child, please notify us by choosing the "PARENT" mode of transport on Sport-Plus.

CHARTER BUS

If you cannot drop off or pick up your child from camp, we offer charter bus transportation from Quebec City and from Montreal. The cost is \$160 per person, per trip. Please note that transportation is only offered for arrivals on June 24 and July 22, and returns on July 20 and August 17.

The reservation for bus transportation chartered by camp must be completed at least two (2) weeks prior to the date of the trip directly on our Sport-Plus platform.

From **Québec City:**
Église Saint-Yves
2470 Rue Triquet
Québec, QC G1W 1E2



From **Montréal:**
Monastère Saint-Albert-le-Grand
2715 Chem. de la Côte-Sainte-Catherine
Montréal, QC H3T 1B6

Required Documentation:

1. Letter of consent from parents or guardians for children traveling abroad.
2. Passport or proof of citizenship (original or copy of birth certificate) for anyone aged fifteen (15) and under.
3. Passport valid for all teenagers over sixteen (16) years old.

NOTE: These documents must be delivered by hand to the resource person responsible for transport on the morning of departure.



For more information on crossing the
Canada-US border, visit:

www.voyage.gc.ca

or

<https://fr.visittheusa.ca/info/passage-des-frontieres-aeriennes-et-terrestres>

SHUTTLE: PORTLAND AIRPORT



If your child is flying to camp (to PDX - Portland International Airport, ME), we offer shuttle service to Camp. The fare is \$85 USD per person, per trip. We reserve the right to adjust the pricing of this service if it must be performed before 7 AM and/or after 5 PM. Please send us your child's arrival and departure flight details without delay to the following address: ckta@campdevacances.com.

Please ensure that excess charges (e.g. escort services, heavy baggage, etc.) are paid upon boarding.

NOTE: We recommend that you avoid United Airlines, especially if it is not a direct flight.

BOUTIQUE CHEZ CLAIRE

La Boutique chez Claire will be open on arrival and departure days if you want to buy *Tekakwithian* items: caps, hoodies, t-shirts, etc. Your child can also be able to shop during their stay. If you wish to prohibit purchases at the store, please let us know. If purchases are permitted, please notify us of the amount authorized on your child's account. Practical items are also for sale (toothpaste, camping utensil, soap, toothbrush, whistle, stamp, water bottle, etc.).

NOTE: we only accept payment by check, cash or interac transfer (CAD or USD);



TYPICAL DAILY SCHEDULE

7:30 AM	Wake Up
7:40 AM	Polar bears
8:30 AM	BREAKFAST
9:30 AM	Inspection
9:50 AM	Cabin activity
10:50 AM	Beach
11:40 AM	Free games
12:15 PM	LUNCH
1 PM	Nap/Quiet time
1:50 PM	Free choice activity
3 PM	Beach
4 PM	CANTINE
4:40 PM	Cabin activity
5:40 PM	Free games
6:15 PM	DINNER
7:15 PM	Free choice activity
8:30 PM	Prep for bedtime
8:50 PM	Bedtime



COMMUNICATION WITH CAMPERS



By mail:

- Although it may seem old fashioned, we recommend that you send letters to give/ask your child news.

"Your child's full name"
67 Camp Tekakwitha Road
Leeds, Maine
04263 USA

- Allow a minimum of one week before your letters arrive at Camp.
 - Tip #1: Send your first letter a few days before departure.
 - Tip #2: Give your letters to the Administration when you arrive so that they can be given to your child on specific dates (ex.: the third day, when they return from camping, etc.).
 - Tip #3: Give your child self-addressed envelopes, especially for younger children.
 - It is not necessary to obtain American stamps since we offer the possibility of buying them at the camp. These will be charged to your child's account and added to purchases made at the boutique during their stay.
- Your letters will be handed out during the Daily Cantine.

By fax:

- We offer parents to send faxes as an alternative means of communication.

(207) 524-3102

"Your child's full name"

- For those who do not have access to a fax machine, www.faxzero.com will easily allow you to do so online.
- Your faxes will be handed out during the daily Cantine.

By telephone:

The camp has only one telephone line. We ask for your collaboration to call us **in case of force majeure only**. If so, children are most accessible between 12:15 PM and 1 PM and between 6:15 PM and 7 PM.

REFUND POLICY

Registration fees are non-refundable. Boarding fees may be fully refunded (100%) in the event of cancellation made before April 1st. In the case of a cancellation on or after April 1st or in the case of a departure before the end of the stay, the camp will reimburse the lesser of the following sums: half (50%) of the boarding costs or the value of the pension for unused days. However, no refund will be made in the event of abandonment or due to dismissal due to unacceptable behavior (pre-existing health conditions, boredom, drugs, violence, vandalism, theft, harassment, etc.). Camp management reserves the right not to offer refunds for any other reason deemed valid.

SEXUAL ABUSE PREVENTION POLICY

In compliance with the standards dictated by the Association des Camps du Québec (ACQ), Camp Tekakwitha has and applies a policy of prevention and intervention in matters of violence and sexual abuse. For more details and further information on this subject, please contact management.

ALLERGY MANAGEMENT POLICY

In order to ensure greater safety for camper at risk of anaphylactic shock due to a food allergy or an insect bite, the camp has adopted an allergy intervention and prevention policy. For more details and further information on this subject, please contact management.

LYME DISEASE PREVENTION POLICY

In order to ensure greater safety in regards to Lyme disease (transmitted by the blacklegged tick), the camp has adopted a prevention and intervention guide. For more details and further information on this, please contact management.

HARASSMENT PREVENTION POLICY

In compliance with the standards dictated by the Association des Camps du Québec (ACQ) and the Commission for Standards, Equity, Health and Safety at Work (CNESST), Camp Tekakwitha has and applies a harassment prevention and complaint handling policy. For more details and further information on this subject, please contact management.