

## **Les Courier des Bois (CB) and Les Adventuriers (AV) Parent Information 2016**

Teens registered in the CB or AV Programs at BCFFC Vancouver Island will be going on one or two overnight trips.

The final details for the trip destinations are not clear until we have had a chance to pre-hike and pre-kayak/canoe/bike all of the routes during training week. The destinations listed are therefore subject to change. The activities and equipment lists remain the same.

We have allowed some days of on-site activities so that the kids can still enjoy some of the regular camp events. Most meals are provided ~ bag lunches may be required.

### **Activities Planned**

Both groups will cycle and/or kayak to their destination. Adventuriers go from Monday-Tuesday, and Thursday-Friday. CB go from Sunday-Tuesday and Thursday-Friday.

- There will be a number of attractions along the way to be explored on the trips.
- Campers will be taught basic wilderness camping skills, and have time for some fun counsellor-planned activities such as orienteering, games, etc.
- The trip will be a chance for Moniteurs to assess and teach the kids some basic canoe/kayak skills.
- Both groups will be attending WildPlay and need to have completed an **on-line [waiver](#) prior to camp.**

*BCFFC has the right to change the program without notice as safety remains a primary concern.*

**We require parent volunteers to assist with transporting the gear to and from their camps. Parents will be asked to assist Sunday night prior to the wine and cheese. Some key duties include:**

- **towing of the kayaks (the trailer has a 2" ball and a kit has been created to assist with towing),**
- **transportation of equipment (backpacks and possibly bikes).**

**BCFFC policy requires all parents assisting in transporting youths have 2 million dollar liability insurance on their vehicle. This policy is the same for all BC school district. Please look into your car insurance and have it increased to two million dollars if need be.**

**NOTE:** Adventure and CB Moniteurs are hired for their strong wilderness, leadership, first aid, and moving water canoe and kayak skills. They are knowledgeable, fun and kind, recognizing that this is the first overnighter for many campers. They take into consideration all skill and endurance levels when setting the pace. They also tell us that it helps them greatly if you as parents stress to the kids, the importance of speaking FRENCH ONLY on these trips, a couple of times before departure.

There will be a mandatory Parent/Moniteur meeting before the kids leave for camp. The time and place of the meeting will be announced at group time at the Grassy Field. Campers in these groups should have at least Red Level 6 swimming. This level gives them a bit of rescue knowledge, first aid, and strong swimming skills. If your child needs a refresher and can fit it in before camp, we recommend it.

## Equipment

The following list is essential and should be considered a minimum. Please go through it with your child. They could be *very* uncomfortable if they forget any items.

- mountain or hybrid bike *in good working order*. Parents are advised to *have* bikes serviced in a bike shop, to ensure that the brakes, gears and tires are in good working order. If your teen's bike is not in excellent condition, he/she may miss out on some of our exciting camp challenges. Participants need to be familiar and comfortable with their bike, as the ride is long (40 km) and will have some hills to climb and go down. Good working brakes are essential.
- bike helmet and bike lock
- sleeping bag - good quality, warm but lightweight (nights are chilly along the water) foam sleeping pad (comfort, but also an insulator between you and the cold ground)
- small flash light with extra batteries (a crank light would also work)
- unbreakable plate, bowl, cup, spoon, knife, fork
- hat, sunscreen, bug repellent, sunglasses, water bottle
- backpack to pack gear in - to hold all of your belongings - not too large, so it can fit into a kayak.
- 'dry bags' or heavy duty orange garbage bags (you may need them to keep you and your stuff dry)

## Personal Items

### *Clothing*

- raingear or poncho, light and waterproof
- long pants, shorts, (1-2 pairs each)
- swim suit, towel
- t-shirt, long sleeved sweater, fleece
- wind breaker, toque, hat, mitts or gloves (yes! in case the weather gets *very* cool)
- socks - at least 3 pair (wool\*)

### *Footwear*

- sturdy, well fitting runners or hiking shoes - broken in
- sandals or water shoes for the water

### *Toiletries*

- soap, shampoo, toothbrush / toothpaste, lip *salve*, small towel or facecloth, Kleenex or toilet paper (remember- no fashion shows here, keep it simple)
- medication, if needed

### *Other*

- snacks, band aids, juice boxes (nice to *have* but not essential)

\* Wool is a natural insulator, and will keep you warm in an emergency, even when wet, so is a good choice for sweaters and socks. The option of layering up or down is something to keep in mind. It isn't a fashion show - opt for comfort and protection from the elements when hiking and kayaking. Synthetic fabrics for pants and shirts are better than cotton as they wick away moisture and dry quicker.