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2020 EXPLORATION PROJECT INFORMATION

A letter to campers and families

Dear participant,

We are excited that you will be joining us for the Exploration Project (EXP) program at Camp Goodtimes. The EXP program is hosted at UBC's stunning Loon Lake Lodge and Retreat Centre and in Golden Ears Provincial Park in Maple Ridge, BC.

Focusing on using the outdoors as our teacher, we hope that after your EXP experience you will have more confidence in your outdoor skills, increased self-confidence and resilience, and a deeper respect and enjoyment of nature. Building on skills learned in the previous years, EXP continues to build upon itself as campers return year after year to ensure that they are gaining real world skills as well as reaching personal milestones that you can only achieve in the outdoors.

Before you start packing your suitcase, please read this information guide. It's full of useful information about your upcoming time at camp. Whether you are new or returning to camp, keep reading – there are new things that are important for everyone to know.

We can't wait to see you at Camp Goodtimes this summer!

Sincerely,

The Camp Goodtimes team

"A picture says a thousand words – and the picture of our girls returning from camp said ever more. They were covered in messages of love (signatures of new friends across their Camp Goodtimes shirts and hats), layers of friendship bracelets on their ankles and wrists, dirty hair, sun in their cheeks and smiles. Five days away and huge smiles, then tears as they all said goodbye (the skips and staff equally streaming). Thank you for all you are doing to bring my girls this time of pure happiness, friendship and joy. The exact opposite of cancer."

–Camp Goodtimes parent



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Directions to camp

Camp Goodtimes' EXP program is located at UBC's Loon Lake Lodge and Retreat Centre/Malcolm Knapp Research Forest for two nights and in Golden Ears Provincial Park for one night. Please click the link below for Google Map directions to Loon Lake. You will go through the research forest's main gate before you drive to camp on a dirt road. You will receive the gate code in your acceptance email.

[Loon Lake Lodge and Retreat Centre](#)

14500 Silver Valley Road
Maple Ridge, BC V4R 2R3

Drop off: Arrange to arrive on site at 3:00 p.m. on arrival day. Please park in the angled parking lot, immediately after turning into the campsite. Upon your arrival to camp, you will be greeted by someone on the leadership team. They will check you in and send you to meet with the medical team. Feel free to ask them any questions you may have about camp! After checking in, you will meet up with the other EXP participants. On-site parking can be provided if you are driving yourself there.

Pick up: Departure on the final day will be at 10:00 a.m. Please park in the angled parking lot when picking up participants and be sure to check out with the team at the check-out table and collect your medication from the medical staff.

The EXP program dates are Wednesday, July 22 to Saturday, July 25.

Transportation

Under certain circumstances and in situations of presented need, Camp Goodtimes is able to reimburse families and participants for their travel expenses. Instructions for submitting travel reimbursements are included on the Travel Reimbursement Form. We are not able to reimburse for parking costs or for food/drink expenditures.



- **Travelling from Vancouver Island** - Participants and families travelling from Vancouver Island can book air travel through Angel Flight. If Angel Flight doesn't work for you, please see other options below.
- **Travelling by ferry** - We can reimburse ferry transportation fees for camper(s) and one accompanying caregiver.
- **Travelling by air** - If air travel is required, all flights must be booked through the Camp Goodtimes office. To do so, please contact Jean Wong, our Office Administrator, at jean.wong@cancer.ca or 604-675-7141 to initiate the travel process. You will be asked to complete a Travel Reimbursement Form prior to the processing of your travel arrangements.



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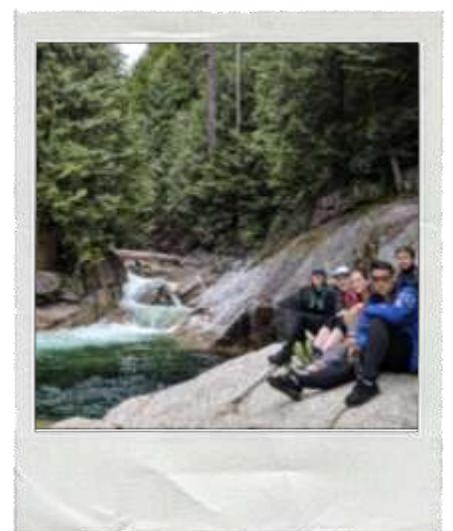
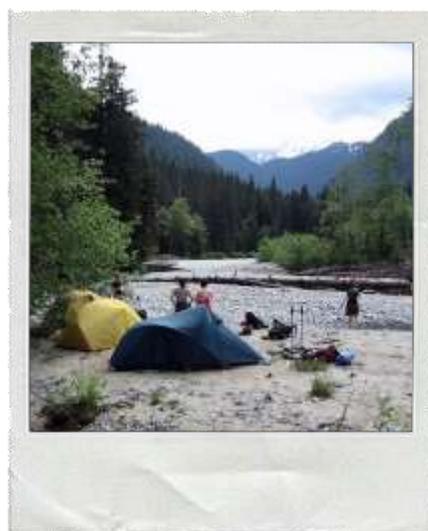
Facilities

Camp Goodtimes is situated in the heart of UBC's Malcolm Knapp Research Forest in Maple Ridge at the Loon Lake Lodge and Retreat Centre. The facility is on a private lake and its peaceful setting allows you to enjoy all that nature has to offer.

Loon Lake has beautiful facilities that campers can enjoy. Camp Goodtimes participants have access to outdoor recreation spaces, campfires and the waterfront with a water trampoline, canoes, kayaks, stand up paddle boards and pedal boats. Camp Goodtimes also partners with Pinnacle Pursuits to facilitate all rope activities while at camp. These include low ropes, climbing wall, high ropes, rappelling and initiative games. Camp Goodtimes also has a beautiful dining hall that caters to various dietary restrictions.

Sleeping accommodations

While you participate in the EXP program, you will spend your nights sleeping in our best minimalistic lodging – 4-person tents. If you have your own tent, please feel free to bring it with you for the program. Since we will not be staying in the cabins, please bring a sleeping bag to sleep in. Do not bring sheets or duvets.



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General medical information

You will have access to the best possible medical care while at Camp Goodtimes. Thank you for filling out the camp application which we will review with you when you and your family arrive at camp. If any information has changed, please let us know as soon as possible. Your medications will be kept in the Med Shed with the medical team; however, you are responsible for the time management and administration of your own medications.

Medical care provided at camp

The Camp Goodtimes medical team is made up of doctors and nurses who are on site and available 24 hours a day during the whole camp session. Our clinical coordinator has been working in pediatric nursing for over 20 years. The rest of the Med Shed staff range in specialities from pediatric oncology to adult emergency medicine. All medications are administered in the Med Shed; however, you are responsible for the management of your own medications. We provide complete care for our participants for any medical issues that arise. We are in direct contact with the doctors and nurses from BC Children's Hospital's Pediatric oncology clinic and emergency department.

Infection control

At Camp Goodtimes, we are very careful about any infectious symptoms. If you start to exhibit any infectious symptoms (fever, cough, runny nose, sore throat, eye infections, diarrhea, nausea, vomiting, cold sores or concerning rashes) before your camp session starts, you will not be able to attend your Camp Goodtimes program until you are symptom-free for 48 hours and have been reviewed by a physician.

If you have questions about any symptoms, please contact the Camp Goodtimes office prior to attending camp.



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In addition, we ask that all participants ensure that their immunizations are up to date and carry their immunization records with them to camp. If you are unsure what this means for you, please contact your family doctor, local public health unit or the Immunize BC website at www.immunizebc.ca. Some people may be exempt from immunizations due to current or recent cancer treatment and will still be able to attend camp.

Bringing medicine to camp

If you are bringing medication to camp, please follow these guidelines:

1. Medications **should not be brought to camp in pre-filled dosettes**.
2. Please bring all the medications to camp that you may use, including non-scheduled medications, puffers, creams, vitamins, etc.
3. All medications must be in their original containers so our medical team is aware of what they are administering.
4. Participants cannot share prescription medication. Each participant must have their own prescription medication e.g. siblings cannot share puffers).
5. All prescription medications must have the original pharmacy label with your name, drug name, drug dose, administration timing and route of the medication. The prescription and medication must not be expired.
6. Please bring enough medication for your time at camp as well as some extra in case there is a need to readminister (dropping a pill on the floor or vomiting after taking a medication).
7. Please list all medications on your medical forms and let us know before camp if your medications have changed.
8. Please bring whatever is needed for you to successfully take the medication (e.g. pill crusher, applesauce to eat the medication with, etc.)
9. Oral chemotherapy **CANNOT** be crushed on site so please contact the camp office before camp if this is how you administer your chemotherapy at home.

Communication from nurses and doctors

During EXP registration, each participant must check in with the Med Shed upon arrival. If you become sick while at camp, your parent or guardian will be notified immediately. If we are unable to reach your parent(s) or guardian(s) we will contact the emergency number(s) provided. Whomever we are able to connect with will be responsible for picking you up within 24 hours of being notified.

Allergies & Dietary Restrictions

It is important for camp staff to be aware of ALL allergies and dietary restrictions. This information should be clearly noted on your medical form. Anyone at camp who has an anaphylactic allergy is required to bring and carry their EpiPen with them at all times. If you have a unique food allergy, please provide specific details about what kinds of foods are and are not allowed.



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What to expect at camp

The EXP Program is designed for our 18 to 21-year-old camp participants who are looking to learn new skills that will aid in their self-confidence, self-resilience and perseverance. Taking place at both Loon Lake and Golden Ears Provincial Park, participants will learn outdoor skills such as campsite set up, leave no trace ethics, backcountry cooking and trip preparation that will help the group succeed in their trip. The group is responsible for their food and gear pack out for the trip and will take part in various outdoor activities while in Golden Ears. Through this, we hope the program will teach tangible skills that can be transferred to everyday life and used in continued wilderness exploration.

Day 1	Arrive at Loon Lake and meet your fellow EXP team! After a swim test, we will start to go over essential camping skills that will help us on our journey on Day 2. We will also go over our menu and complete some team building and trust exercises with the group.
Day 2	Wake up and pack up! Finalize gear and pack food before we leave for Golden Ears after breakfast. Once at the park, the EXP team takes the lead ensuring that our site is set up, meals are made on time and that we have all the essentials for our daily activities.
Day 3	Rise and shine in Golden Ears! Eat breakfast and say our final farewells to the park before heading back to Loon Lake for our trip unpack and debrief. We will celebrate our trip and relax for the evening at Loon Lake.
Day 4	Departure day. We will give our final thoughts on the program, say our goodbyes and look forward to seeing each other out in the forest soon.



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Camp Goodtimes guidelines

General

Camp Goodtimes is committed to creating a camp environment that supports everyone in having a positive and memorable camp experience. Our goal is to create a supportive community of peers and leaders who encourage campers in skill building and forming friendships. To ensure these goals are achieved we expect campers to:

- Have a positive attitude.
- Respect their peers and leaders.
- Follow the camp rules including cabin and activity rules.

Electronics policy

Camp is an unplugged community and we are proud of it.

We believe strongly that part of a healthy camp experience is providing campers with the opportunity to strengthen their sense of independence. The Camp Goodtimes program emphasizes community living in a supportive and healthy natural setting. Electronic devices often remove or detach a camper from this community. In this respect, we hope you will disconnect from technology during your time at camp to reconnect with your peers and nature.

Our experience is that campers thrive best at camp when they learn to develop relationships and negotiate challenges with those around them. We believe that the success of each child at Camp Goodtimes is greatly enhanced through the absence of electronic devices including cell phones. As such, we do not allow cell phones at camp.

“The artificial needs created by new electronic technologies – to see and hear everything the instant it happens – are not always developmentally appropriate needs for our children. To wait a few days for a traditional letter [or email] to arrive gives parents and children alike the time to reflect, form new relationships, solve problems independently and understand their emotions. In these ways, unplugging the digital umbilical promotes health growth and self-reliance.”

Dr. Christopher Thurber, Child Psychologist

If you have parents or caregivers who would like to be in touch while you are at camp, they can send an email to campletters@cancer.ca. Emails will be printed by Camp Goodtimes staff and distributed each day. Please note that they will not be able to email you back.

For any non-urgent needs or to gather information about how your EXP is doing, parents and caregivers can email the camp at gotcamp@cancer.ca or call 604-463-8165 to speak to a camp staff member.

Note: If you usually use your cell phone for other needs such as music, reading or photography, please bring alternatives (i-Pod, camera, etc.). Camp Goodtimes will also provide professional photography for your time at camp.



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Photography

At Camp Goodtimes it's for campers and volunteers to take photographs and videos for personal memory collecting and use. As indicated in the Publicity and Contact Releases form, we will only use your photos for the Canadian Cancer Society's publicity if you have given permission to do so.

Behaviour management

We believe in the power of community at camp. As such, behaviours such as bullying, teasing, name calling, isolating others, smoking, drinking alcohol, destroying property or otherwise acting in aggressive or inappropriate ways will be addressed by Camp Goodtimes staff.

Our staff will implement different strategies to adjust behavior, and situations will be escalated to the camp director as appropriate. The camp director may also contact your caregiver(s) to discuss the situation and elicit additional support. If you are unable to change your behavior beyond this point, you may be asked to leave the program.

Social media

We are working towards using social media to communicate with our participants and their families more frequently. While we acknowledge that it's possible for campers to "find" volunteers online, we do not condone volunteers finding or adding their participants to any online forum. The formation of any groups online or connections between campers and volunteers is done so without the consent or supervision of Camp Goodtimes.

Check out our Facebook page during camp to see photos of yourself at www.facebook.com/CampGoodtimesCA



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Packing list

Since we will be moving from Loon Lake to Golden Ears, please try and have everything fit in one backpack or suitcase.

Clothing

- ✓ Name beads (returning participants)
- ✓ Socks and underclothes
- ✓ Shorts (2-3)
- ✓ Jacket
- ✓ Pants (preferably not jeans or sweatpants)
- ✓ Sweatshirt or warm sweater (1, preferably not cotton)
- ✓ T-shirts (3, preferably 2 that aren't cotton)
- ✓ Rainwear (rain jacket and rain boots)
- ✓ Sneakers or back-strapped sandals
- ✓ Secure footwear (hiking shoes, running shoes)
- ✓ Sunglasses
- ✓ Brimmed sun hat
- ✓ Bathing suit

Toiletries

- ✓ Toothbrush
- ✓ Toothpaste
- ✓ Towel for shower
- ✓ Towel for water activities
- ✓ Soap
- ✓ Shampoo / conditioner
- ✓ Insect repellent
- ✓ Sunscreen (SPF 30 or higher)
- ✓ Reusable water bottle

Sleeping

- ✓ Sleeping bag
- ✓ Sleeping pad (e.g. Thermarest)
- ✓ Pillow
- ✓ Headlamp or flashlight (with new batteries)

Optional

- ✓ Camera
- ✓ Small backpack to use around camp
- ✓ A reading book or notebook
- ✓ Dry bag
- ✓ Hammock
- ✓ Other personal camping gear
- ✓ Card games

Things to leave at home

- ✗ Halter and tube tops
- ✗ Clothing with offensive graphics or language
- ✗ Perfume, cologne, or scented sprays
- ✗ Food containing nuts (or traces of nuts)
- ✗ Candy or junk food including gum
- ✗ Cell phones
- ✗ Valuables (jewelry, electronics, etc.)
- ✗ Music with offensive language

Banned items – will be immediately confiscated with consequences

- ✗ Lighters and matches
- ✗ Knives and other weapons
- ✗ Alcohol, tobacco, and recreational drugs
- ✗ Electronic vaporizers/e-cigarettes

Helpful tips

We recommend you consider the following things when packing for camp:

- Place your name on all belongings for easy identification.
- Campers will not have access to laundry facilities (except under special circumstances), so please ensure that you have enough clothing to last you through the entire session.

The Canadian Cancer Society is not responsible for lost or stolen items. All lost and misplaced items will be brought back to the Camp Goodtimes office in Vancouver after camp, contact our office if you are missing an item. Unclaimed items after September 30 are donated to charity.



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Questions

We look forward to connecting with you and your family this 2019 camping season!

For more information about Camp Goodtimes and the programs that we offer, please check out our website and FAQs at www.campgoodtimes.org

If you have any questions about our programming, please feel free to contact our office at:

gotcamp@cancer.ca

T: 604-675-7141

Toll free: 1-800-663-2524 ext. 7141

You can also contact our camp director, Danielle, directly at Danielle.McVicar@cancer.ca



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