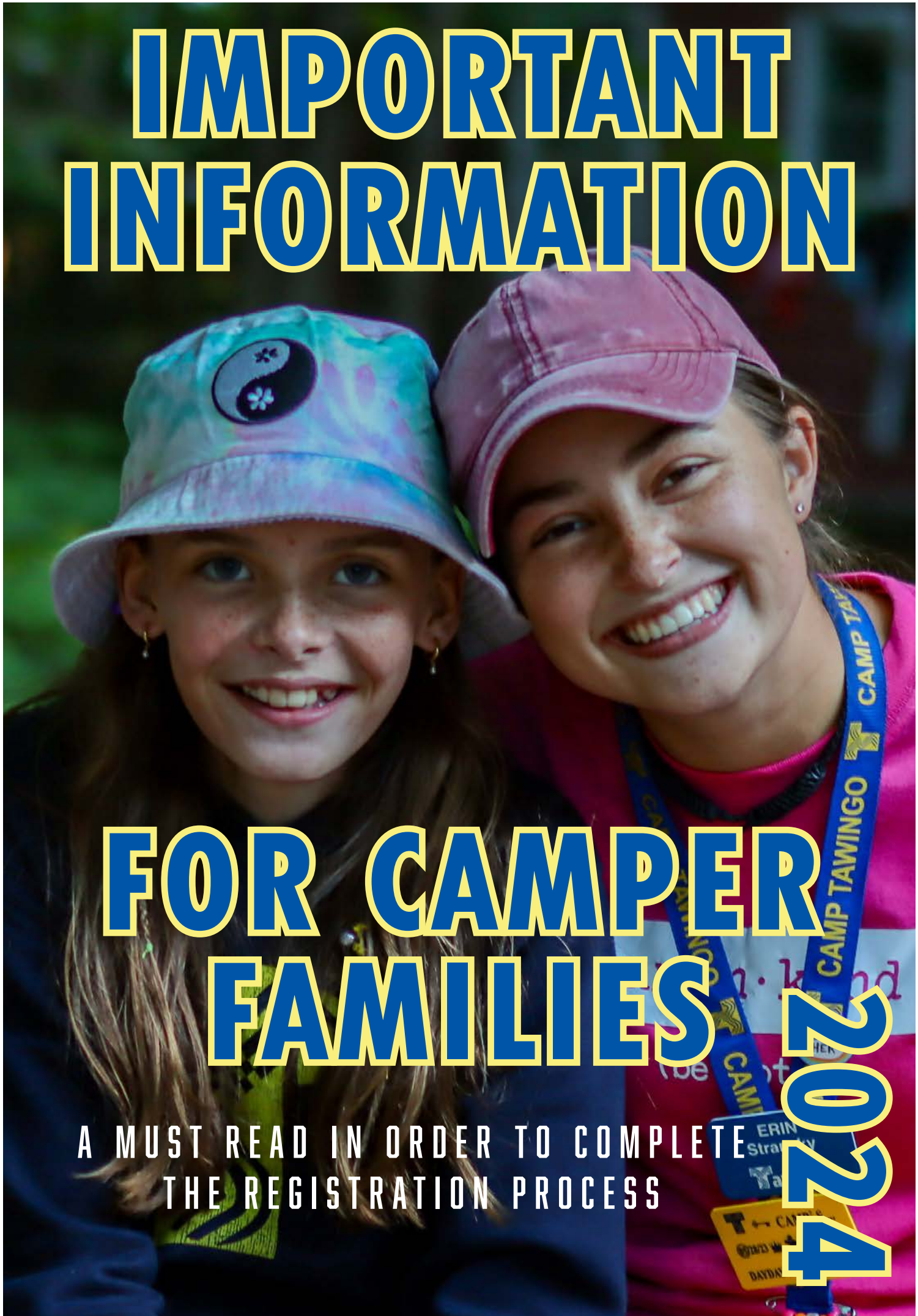


# IMPORTANT INFORMATION

# FOR CAMPER FAMILIES

# 2024

A MUST READ IN ORDER TO COMPLETE  
THE REGISTRATION PROCESS





# WE HAVE FUN BUILDING GREAT KIDS!

Dear Camp Tawingo Families,

Summer Camp is almost here! Really and truly – it is! We hope you and your camper are as excited as we are about this. No doubt you have a number of questions about Camp. Similarly, there is information we must receive from you before Camp begins. This booklet is designed to answer your questions and help you provide us with the information we need to best care for your camper.

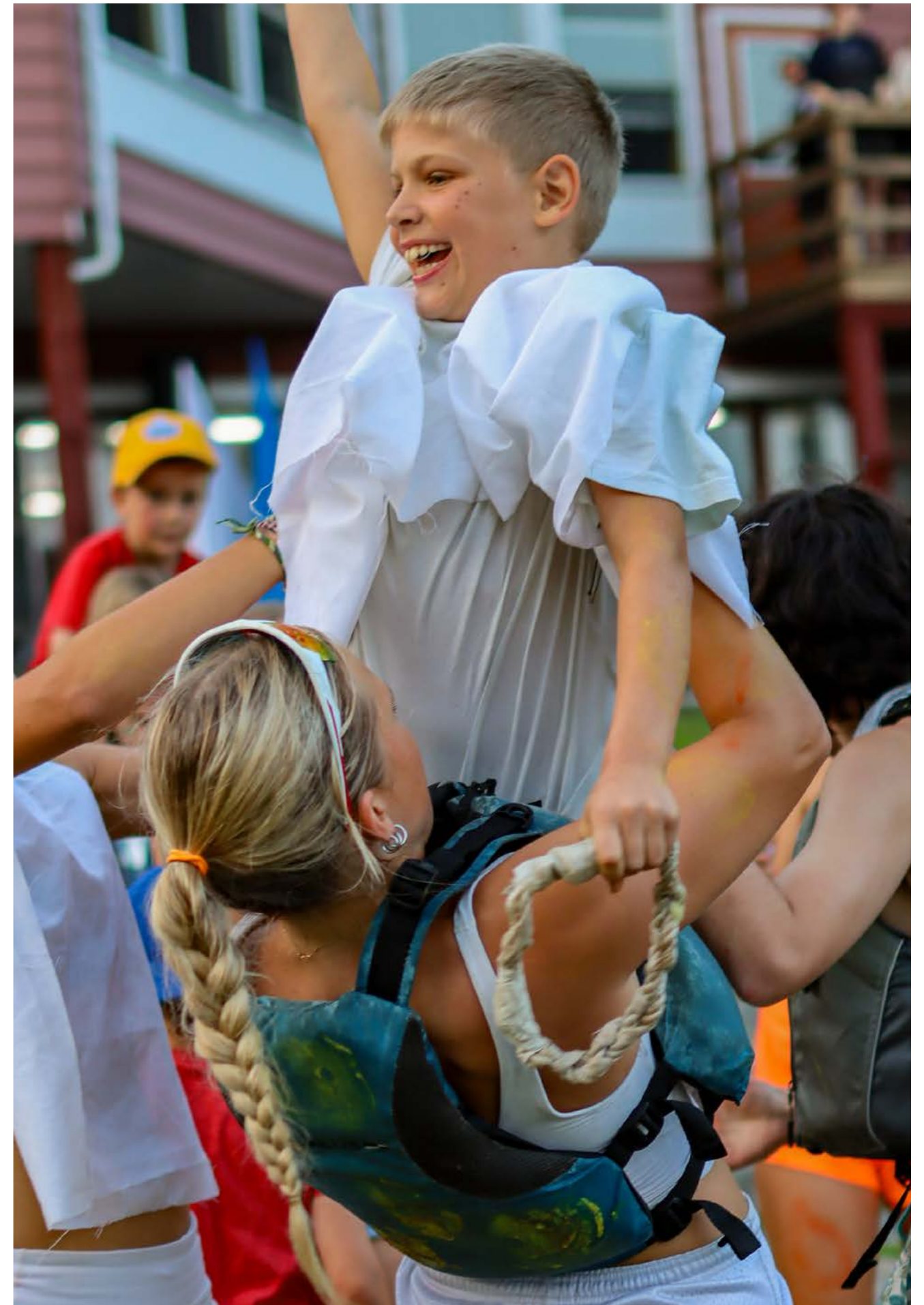
It is important, therefore, that you read every part of this booklet: “Important Information for Camper Families” so that we may be certain that Camp is ready to welcome and care for your camper in every way possible. Please encourage your camper to read this booklet as well. Thank you.

We sincerely appreciate the confidence you have placed in us by selecting Camp Tawingo for your camper. Our entire Staff Team is keen to create Camp connections and magic this summer. Together we will do everything we can to ensure that your camper has a happy, safe, and enriching experience with us.

Feel free to contact us if you have any questions or comments regarding the information in this booklet and/or about the summer ahead. We are happy to help.

Warm regards,

*Mike*      *Tia*





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**PART ONE: A GUIDE TO  
ALL CAMP FORMS**





# 1 - TRANSPORTATION

This section is designed to help you get your camper to and from Camp!

We regret that we cannot be responsible for your camper prior to the scheduled first day of Camp, except for campers arriving by plane from beyond North America. If your camper plans to travel to Camp by car, or bus, please arrange to arrive on the first day of your camper's session at Camp. If you have not already done so, please select the appropriate transportation option for your camper in the online portal by May 31st. Thank you.

## CAR OR BUS ?

Although you may be tempted to drive your camper(s) to and from Camp, we'd like to invite you to think about the benefits of taking the bus to Camp. Bus trips provide the opportunity for your camper to:

1. Meet and interact with other campers before they even get to Camp, helping to ease the transition to the Camp setting once they arrive;
2. Meet and interact with experienced Camp Tawingo Staff – your camper's Bus Supervisors – providing more familiar faces at Camp;
3. Learn more about camp by chatting with the Bus Supervisors and veteran campers who are excited to answer all of their questions about Camp;
4. Begin the journey towards independence and self-confidence. Many campers find it easier to separate from their parents/guardians at the bus than at Camp. (It is easier to say goodbye and then drive away, than it is to stand by and watch your parents drive away.)

Help us reduce our environmental footprint!

## CHARTERED BUS SERVICE

- Special chartered buses transport campers, and their luggage, to and from Toronto and Ottawa, at the beginning and end of 1st, 2nd and 3rd sessions. (TLC's, and Wilderness Journey/Voyageur Adventure campers participating on the First Session BLUE Trip, and Session A and B campers, please see below.)
- **We cannot guarantee a seat on the chartered bus unless you select it as an option in the online portal or notify the Camp office at least 7 days prior to the departure of the bus.**
- No refund of bus fare is issued unless cancellation occurs at least 7 days prior to the departure of the bus. Please refer to the payment information in the following chart.
- Parents/Guardians of campers arriving by bus will receive

a safe arrival email from us once the bus has arrived, safely, at Camp.

**OTTAWA: \$257.64 Return or \$128.82 One Way**

**TORONTO: \$212.44 Return or \$106.22 One Way**

## TLC'S, VA AND WJBLUE TRIPS, AND SESSION A AND B CAMPERS, PLEASE NOTE:

- **1A, 2A and 3A** campers may **COME** to Camp by bus. However, there will not be a bus available to them on departure day.
- **TLC, VA Blue, WJ Blue, 1B, 2B and 3B** campers may **GO** home at the end of session on the bus. However, there is no bus available to bring them to Camp on the first day of the session

## CHARTERED BUS PICKUP & DROP-OFF LOCATIONS

**OTTAWA: Loblaws: Bells Corners**  
**SW Corner Robertson Road and Moodie Drive**  
**Departs: 8:00 a.m. Returns: 4:15 p.m.**

**TORONTO: Parking Lot of The Vaughan IKEA**  
**200 Interchange Way**  
**Departs: 10:00 a.m. Returns: 2:15 p.m.**

## LUGGAGE ON BUSES

- We would appreciate campers using soft luggage, rather than trunks/hard-shelled suitcases, on the chartered buses.
- **Be sure to print your camper's FULL name on the outside of ALL luggage and equipment.** All of our campers bring the same kinds of items to Camp. Labelling everything with full names will help ensure that all items remain with the campers who brought them.
- Paddles, P.F.D.s, and tennis racquets should not be tied to luggage because they are stored in a separate area of the bus.
- You may wish to give your camper a **nut-free** snack for the trip **to** Camp. We provide each camper a substantial snack for the return trip home.



## CAR

- You may choose to drive your camper to and/or from Camp. The Camp's address is 1844 Ravenscliffe Rd and can be accessed on Google Maps.
- The most convenient time for your **arrival** at Camp is after **11:00 a.m. and before 12:00p.m. (Daylight Saving Time)**. Our staff will be busy with meetings and final preparations during and after breakfast on the first day of each session, so **please** plan to arrive **no earlier** than **11:00 a.m.** **The office will not be open, nor will cabin numbers be given out, nor will bunks be assigned until we are fully ready for your arrival.**
- The posted **speed limit** at Camp Tawingo is **15 km/h**. Campers and staff use the Camp roadway as a walking path, so **please** drive slowly and carefully when driving through Camp.
- **One final note about travelling to and from Camp:** For us at Tawingo, it is important that every camper experience the **full** Camp Session. If, for whatever reason, your camper must leave the Camp Session early, please clear the early departure with a Director **long** before the start of the Camp Session. We have important policies with respect to early departures. Thank you.

If you **do** choose to **drive your camper to Camp**, here are some suggestions that may help make the transition to Camp a smooth, positive, and quick one for your camper:

1. Please try not to linger as it may make the good-bye harder for your camper,
2. Please allow your camper - no matter how old/young - to unpack their luggage and make their own bed. The more they can make the space their own (with their Counsellor's help, if necessary), the easier it will be for them to feel like it's their Camp "home", and the greater independence and confidence they'll feel as they begin their Camp journey,
3. Please try not to show too much emotion when saying good-bye, avoiding such phrases as, "Will you be okay?"; "We're going to miss you so much"; and the like. Despite the intent, research into 'missing home' shows the underlying message to your camper is that you don't have confidence in their ability to "make it" without you. Saying you will miss them can cause your camper to worry that **you** may not be okay, which in turn, may cause them to dwell on you and home rather than open the 'door', fully, to Camp. Try, instead, using phrases like: "You are going to learn great new things and make great new friends"; "You're going to be a great camper"; "I'm

so proud of you"; "I can't wait to hear all about it" as expressions of your confidence in them and their readiness to be at Camp,

4. If your camper runs off to play/interact with their cabin mates while you are here, this is a clear sign that they are ready to embrace Camp and have you leave for home. At times, this happens earlier than some parents/guardians would like (perhaps before they even get a chance to say much of a good-bye!). While it may not be the good-bye you were hoping for, it's a very positive sign and one about which you can be very proud! You have instilled in them the confidence to begin to strike out on their own,
5. If your camper has trouble letting go, the best thing you can do is express your confidence in them, using phrases like the ones above ... and then, as hard as it may be ... leave for home. Helping your camper through such challenging periods is what we are professionally trained and committed to do at Camp Tawingo. Once the parents/guardians are on their way, we find that the majority of campers begin their adjustment to Camp well and quickly.

airport when coming **to** Camp.

4. Campers travelling from any country other than Canada require a **passport**.
5. We will email you the name of the staff member meeting your child at the airport a few days prior to **your camper's flight**.
6. Each camper travelling home by airplane is given a small amount of money for out-of-pocket expenses. This amount is charged to your camper's Camper Bank Account (see Item 2 in this booklet), unless you provide such money, yourself. If you do, we will keep this money in our Camp safe until departure day.
7. Please remind your camper that passports, airline tickets, and all valuable items must be handed in for safe keeping at the Camp Office upon **arrival** at Camp. The staff member picking up your camper at the airport will help with this.
8. To cover the cost of getting your camper to and from the airport by a Camp Tawingo vehicle, payment of **\$248.60 return** (taxes included) and **\$124.30 one way** (taxes included) must be sent **prior** to your camper's arrival. Please indicate your need for this service in the online portal.
9. If your camper must arrive a day early, please be sure that this information is emailed to [summer@tawingo.net](mailto:summer@tawingo.net).
10. A form will be provided in the online portal, to indicate flight date, time of arrival, flight number, flight from and to locations and the airline carrier.
11. Parents/Guardians of campers arriving by plane will receive a safe arrival text once their camper has met up with their Tawingo greeter at the airport; and a safe arrival email once the camper has arrived, safely, at Camp.



## AIRPORT - TORONTO

If your camper is travelling by plane, we are prepared to meet them at the airport on the first day of the Camp session, or if necessary, at most, one day prior to the start of the session, if you live outside of North America.

When arranging air travel, please keep the following guidelines in mind:

1. Flight **ARRIVALS** are best scheduled between the hours of 2:00 p.m. and 6:00 p.m., Daylight Saving Time, on the day Camp starts. Otherwise, your camper may arrive up to one day early.
2. Flight **DEPARTURES** are best scheduled between the hours of 3:00 p.m. and 8:00 p.m., Daylight Saving Time, on the **last** day of the Camp Session, **only**. The Toronto airport is 2.5 hours from Camp. In the interest of safety, flight times outside of these hours require over-night hotel accommodation for our staff supervisors/drivers and, perhaps, your camper. If your camper's flight falls outside of these hours, an extra charge will ensue, to cover overnight hotel costs.
3. If the airline you choose charges an "unaccompanied minor" fee, we ask that you pay this fee—for both ways—at the time of your camper's departure at the





## 2 - CAMPER BANK ACCOUNT

Camp Tawingo cannot accept cash from campers for purchases, so please do not send money with your camper to Camp (unless it is for sundry airport purchases-see Section 1: TRANSPORTATION).

- A camper bank account is established for each camper during their stay at Camp. The purpose of a **Camper Bank Account** is to cover the cost of items available at the Camp office, such as: stationery; stamps; toothpaste; shampoo; soap; sunscreen; flashlights and batteries; "Camp Tawingo" souvenirs; and other incidentals noted in this document. This includes but is not limited to Lifesaving Badges (Bronze Medallion, Bronze Cross) and Laundry. Lifesaving Badges range in price from \$15.00 to \$40.00. The laundry service is \$20.00 plus HST PER BAG. (Please note further details on laundry are available here: "8 - Laundry" on page 15 of this document.)
- As a guideline, only, we recommend **\$50.00** per camper per week (**Voyageur Adventure, Wilderness Journey, and the Tawingo Leadership Course participants included**). Please decide on an amount you would like to place in your camper's Camper Bank Account, and select that option in the appropriate section of the online portal.
- At the end of the summer, we will refund any balance

remaining or charge you for any balance owing. If it is a refund you are getting, and if we have a valid credit card number on file for you, we will refund the amount to the credit card on file; otherwise we will be in touch to arrange receipt of your refund.

In recent years TAWINGO souvenirs (e.g. crests, pins, buffs, journals, etc.) have become immensely popular with campers. Some items (e.g. Tawingo blanket and clothing items), due to their cost, cannot be purchased by campers without their parents'/guardians' permission.

Although we take care that no undue or extra expenses are incurred, **we do not monitor each camper's Camper Bank Account unless we are specifically requested to do so.** We would encourage you to discuss purchases with your camper to ensure that clear guidelines for acceptable purchases have been established before their arrival at Camp.



## 3 - WHAT TO PACK

Campers are required to bring to Camp:

- sun protection
- bug protection
- canoe paddle
- P.F.D. (or Life Jacket)
- sleeping bag & pillow
- waterproof stuff sack (if participating on an outtrip)

Please refer to our "**SUMMER 2024 EQUIPMENT LIST**" as a packing guide.

### CLOTHING

- Remember that Camp clothes may receive rough treatment. **Please do not** send anything that will not withstand washing in an ordinary laundry.
- Please do not have your camper pack **too much** clothing; otherwise, it becomes difficult to find shelf space in the cabin.
- During mealtime in our Dining Hall, we ask campers, TLCs, and staff to avoid wearing bathing suits. We do not allow flip-flops in the Dining Hall - sturdy sandals, YES, but flip-flops, NO. They do not offer the support necessary to carry hot food and dishes to and from the Kitchen.
- Flip Flops/Slides may not be worn for any outdoor activity except going to and from the waterfront, so be sure sturdy running shoes are packed.
- Clean, casual clothing is often worn for special programs such as the Banquet on the last evening of each session.
- Please ensure your camper comes to Camp with appropriate clothing and footwear, including rubber boots.
- Please ensure your camper comes to Camp with a hat (or two) that will protect their head from the heat and power of the sun. **No visors** please. Hats are required for outdoor activity at Camp.
- Please keep sun safety in mind when packing for Camp. Loose-fitting, long sleeved shirts can offer good protection from the sun.
- Bug jackets can make evening camp fires more enjoyable.
- Please note that we may not be able to fit outtrips into all of our A & B Sessions. **A & B Campers who do not go on an outtrip will not need the outtrip equipment** listed on our "**SUMMER 2024 EQUIPMENT LIST**" - with the exception of a water bottle. More information about outtrips can be found here: "14 - Outtrips" on page 26

## EQUIPMENT

All of the following items are readily available at most Department, Hardware, and Outdoor Stores.

### CANOE PADDLES

- Camp Tawingo's program emphasizes waterfront activities and outtripping. We regret we cannot provide all of our campers with paddles from the supply at the Camp Tawingo Waterfront. All campers must bring their own paddles to Camp. **THE CAMPER'S FULL NAME SHOULD BE CLEARLY MARKED ON THE PADDLE** and paddles should not be tied nor attached to sleeping bags or other luggage.

### P.F.D.S (PERSONAL FLOTATION DEVICE)

- Campers must have P.F.D.s for all boating activities at Camp Tawingo.
- When purchasing a Personal Flotation Device (P.F.D.), please ensure that you have chosen the correct size for your camper. A camper weighing less than 90 lbs./41 kg. requires a Life Jacket, whereas a camper who weighs over 90 lbs./41 kg. requires a P.F.D.
- Please have your camper bring to Camp a P.F.D. or Life Jacket that is labelled with YOUR CAMPER'S FULL NAME.
- **FOR CAMPERS ARRIVING BY AIR TRAVEL**
  - We appreciate how difficult it can be to travel - especially by air - with large items such as sleeping bags, pillows, paddles, and P.F.D.s. Our Equipment Rental Program provides each camper with any or all of the following items: a paddle, a P.F.D., a sleeping bag, and/or a pillow for use during the Camp session.
  - The camper is responsible for returning these items to the Camp Office on departure day (Counsellors will help with this).** Any lost or damaged items will be replaced and the cost of which will be added to the camper's Camper Bank Account.
  - If you wish your camper to rent any of these items, please complete the applicable form in the online portal. Please email [summer@tawingo.net](mailto:summer@tawingo.net) if you do not see the applicable form listed for your camper(s).



## 4 - THINGS TO LEAVE AT HOME

*"There may be no WiFi in the woods, but the connections are better!" - Unknown*

At Camp Tawingo, we believe that Camp ought to be an oasis from "city" life...an opportunity to live, learn, and interact in a natural setting, free from electronic devices/toys, and social media. For this and safety reasons, campers are requested to leave the following items at home:

- Cell phones
- Gameboys/PSPs
- Laptops/tablets/iPads
- Kobos/Kindles
- Smart watches

**All of the above items, if brought to Camp, will be collected and stored for the duration of the camper's stay. They will be returned to the camper on the last morning of Camp.**

We also suggest that campers leave the following items at home:

- expensive watches
- expensive cameras
- jewellery
- hatchets, hunting knives, or any such sharp and potentially dangerous items



## 5 - UNPACKING

Campers are asked to unpack all items from all of their luggage (including backpacks, fanny packs, and toiletry kits) onto their shelf space under the supervision of their Counsellors. Please review this important policy with your camper prior to arrival at Camp.

## 6 - CAMP TAWINGO MERCHANDISE

Camp Tawingo merchandise (clothing, hats, souvenirs, etc.) will be available AT CAMP this summer! Please look for our pop up tent on Arrival and Departure Days.

For those families with campers that will arrive/depart via Pearson International Airport or by Bus, please know that we have an online store available. Orders may be placed online and delivered to your camper when they arrive at Camp. [Click Here](#) to order.

## 7 - LOST & FOUND

Lost clothing and items are a major challenge at Camp. You and your camper can help immensely to ease the problem.

- Please label **all** items (clothing, hats, shoes, boots, coats, cameras, flashlights, etc.)
  - with your camper's full name...**
  - using a permanent marker or adhesive label...
  - in a conspicuous place (the existing label tags are perfect for this).
  - Remember to mark each shoe!
  - Initials are not helpful when trying to return found items, since many campers share the same initials!
- To help your camper recognize clothing that has been lost, or misplaced, it is a great idea to have your camper assist with the packing for Camp. This is particularly helpful for campers when we display our collection of lost and found items for their perusal on the last day of each session. If an item is left at Camp, we are happy to send it to you:
  - if you request it**
  - if it is labelled**
  - if we can locate it.**
- The cost of mailing these items to you will be added to your camper's Camper Bank Account.
- All unlabelled items are donated to various charities at the end of September.
- All unclaimed, labelled items will be donated to various charities at the end of November.
- **Please understand that we cannot assume responsibility for clothing or belongings.** These are the responsibility of your camper. We cannot stress enough how helpful it is that your camper is present at and assist with packing at home. Many thanks in advance for this level of support!

## 8 - LAUNDRY

There is a laundry service offered at Camp, should your camper wish or need it. Laundry costs are charged to your camper's Camper Bank Account. Since it is difficult to judge how often campers need to change their clothes in a day, counsellors may deem it necessary for your camper to have a laundry (or two) done, even if your camper has not planned on it.

**Note:** Campers do not need to bring a laundry bag with them to Camp. One will be supplied by our service provider to each camper who does laundry while at Camp.

## 9 - CAMERAS

Camp does not sell camera batteries or memory cards. When packing for Camp, please include an adequate supply of these items, should your camper wish to take photographs with a camera. Remember expensive cameras and equipment are best left at home. Since many cameras look alike (especially digital ones), it is important that you label your camper's camera with their **FULL NAME**.

**We are sorry that we cannot allow any digital cameras that double as cell phones/tablets/iPods/iPads at Camp.**

## 10 - TAWINGO PROMOTIONAL MATERIAL

Each year, Camp Tawingo produces a new Camp Brochure, makes changes to our Website, and creates posts on Tawingo's Facebook and Instagram pages.. Photographs of current campers, staff, and programs are extremely valuable for this purpose. We **never** include campers' **names with photographs**. Please give careful attention to the "**Confidential Information Form**" on which you will find an opportunity to give permission for your camper's photograph to be used in Camp Tawingo social media posts and promotional material.





"CAMP LIT A FIRE OF ENTHUSIASM AND INSPIRATION IN OUR SON. THE COUNSELLORS AND STAFF CLEARLY MADE A VERY POSITIVE IMPRESSION ON HIM. HE TOOK DELIGHT IN ALL OF THE CAMP TRADITIONS - THE SONGS (WHICH WE CONTINUE TO HEAR HIM HUMMING DAILY), THE BIG EVENTS, NEW GAMES, AND SKILLS THAT HE LEARNED. HE FELT PROUD OF EXPERIENCING HIS FIRST OUT-TRIP THAT WASN'T A FAMILY TRIP. HIS COUNSELLOR DID A GREAT JOB HELPING HIM FEEL WELCOME AND LIKE A VALUABLE MEMBER OF THE CABIN."



# PART TWO: IMPORTANT INFORMATION FOR FAMILIES

## 1 - 2024 CAMP DATES, FEES & TAXES

Camp fees must be paid in advance to:

**Camp Tawingo**

1844 Ravenscliffe Rd  
Huntsville, ON P1H 2N2

The balance of the Camp fee was due on April 1, 2024. At the time of application, we requested postdated payments either by cheque or credit card. If you still owe the balance, please contact [summer@tawingo.net](mailto:summer@tawingo.net) with your pertinent details. **Please be reminded no refund of fees can be made to campers withdrawing from Camp after March 1, 2024**, except in the case of illness/injury covered by a doctor's certificate, or if we can fill your camper's spot. In this case, you will be reimbursed all Camp fees save for the \$500 registration fee per camper.

*Please note that you will receive an official receipt, along with your camper bank statement after the summer, once all accounts have been finalized (see Section 2 in "A Guide to All Forms").*

## 2 - CAMP TIME

During the **summer**, we choose to have Camp time run **one hour** behind Daylight Saving Time. Therefore, when it is 11:00 a.m. (Daylight Saving Time), it is 10:00 a.m. **Camp Tawingo Time**. The reason for this is to allow our younger campers to enjoy their campfire programs in the dark and still get to bed in good time. It also allows time for the sun to warm the air and dry the grass for an extra hour before campers rise each morning.

Anytime you contact Camp, please keep this time change in mind.

## 3 - HEALTH MATTERS

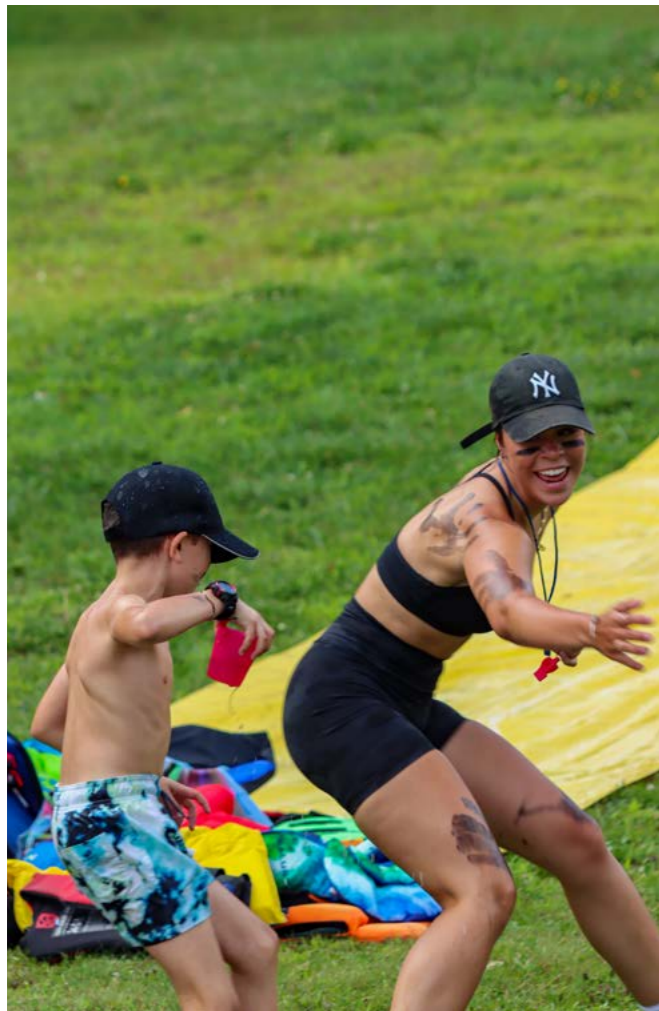
Please know that the health and safety of your camper - and all of our campers - is of paramount importance to us. Our incredible team of Nurses and Physicians work closely with the Simcoe Muskoka Health Unit, to ensure the best possible protocols and optimum health for all of our campers. Huntsville Hospital is located only 15 minutes from Camp Tawingo.

### WHAT YOU CAN DO TO HELP KEEP CAMP HEALTHY

**Before coming to Camp:**

- There are common illnesses and communicable health conditions of which we must all be aware before and during your camper's stay at Camp:
  - CoVID-19
  - Gastro-intestinal
  - Head Lice
  - Conjunctivitis (pink eye)
  - Impetigo
- Please monitor the health of your camper closely in the days leading up to Camp. If your camper exhibits any of the following symptoms:
  - Fever;
  - Cough;
  - Diarrhea;
  - Nausea/vomiting;
  - Persistent headache;
  - Sore throat;
  - Red, itchy eye(s);
  - Itchy scalp.





- Ensure your camper is up to date on all vaccinations as per Ontario's Immunization Schedule for children/youth. **please call Camp before leaving home.** You will speak directly to a Nurse and, together, decide on the best plan to keep the entire Camp community healthy. Such a plan may involve delaying your camper's arrival. Although we know it can be difficult for a camper to come a day or two late to Camp, it is best that they arrive at Camp healthy and ready to participate. Having sick campers stay home until they are well is the best way to ensure that illnesses are not shared with Camp friends.

**What WE do at Camp to keep our community healthy:**

- Follow the recommendations and guidance provided by the Ontario Ministry of Health, Health Canada, and the Simcoe Muskoka Health Unit to ensure our protocols are what they need to be
- Have four full-time Nurses on staff to help care for our campers on a daily basis
- Consult with our Camp Physicians who are ready to help in any way they can
- Have every camper meet and talk with a Nurse about their health, as part of the first day tour of Camp
- Have all campers undergo a scalp examination on the first day of Camp

- Have the Lice Squad on site on the first day of every session to treat for lice (if needed)
- Maintain our handwashing and hand-sanitizing stations around the site
- Orient and train our staff around healthy practices, illness prevention, and protocols
- Ensure that cabins are cleaned everyday (by campers and their Counsellors) and checked for cleanliness everyday (by our Circle Directors and/or Public Health Supervisors)
- Organize a system whereby common surfaces in each cabin and in buildings around Camp (door handles, the toilet flusher, taps, etc.) are sprayed with a bleach and water mix everyday
- Ensure that Dining Hall tables are wiped after each meal with a soap/water/bleach mix. Kitchen Staff - who are fully trained in proper food handling safety - sanitize all kitchen surfaces each day
- Normalize and ritualize daily sunscreen application
- Insist that hats be worn by all staff and campers at all times when outside (except when swimming)
- Insist that proper footwear be worn in specific areas to avoid accidents and injuries
- Follow a tick protocol (which includes preventative measures) in conjunction with the Simcoe Muskoka Public Health Unit and our Nurses; and train our staff on the same.

## VACCINATIONS

On the Camp Tawingo Medical Form we ask you to specify any/all routine childhood vaccines (schedule determined by the Ontario Ministry of Health) that you have chosen not to give your camper. In the unlikely event that a disease/illness targeted by Ontario's vaccination program is discovered at Camp, campers who are unvaccinated will have the option to go home for the recommended period of isolation, without any fee adjustment.

## CAMPERS BRINGING MEDICATIONS TO CAMP

- Medications should come to Camp in their original containers (with prescription details and dispensing instructions on the label, in English) or in blister packs created by a pharmacist.

- Campers give their medications to their Counsellors for safekeeping upon their arrival. Counsellors give camper medications to a Nurse on the afternoon of the first day of the session, during a tour of the Health Centre. A Nurse meets the camper, discusses the camper's medication routine with them, and walks them through the process while they are at Camp.
- Nurses supervise the administration of all medications in the Health Centre during the Camp session.
  - Exceptions may be given for inhalers and epipens (with written permission from the parents)
- Nurses prepare and pack the appropriate amount of medication for campers when they go on outtrip.
  - Administration of camper medication is then discussed with the trip leaders before departure.
  - Trip leaders are responsible for documenting medication administration while on trip.
- On the final morning of the session, Nurses will return unused medications to campers in labeled brown bags so that they can be safely packed and returned home with the camper.

**Note:** We request that you send only doctor-prescribed medications to Camp for your camper. **Please DO NOT send OVER-THE-COUNTER medications such as Tylenol, Gravol, Advil, Benadryl, Claritin, Aeries, etc.** Our Health Centre is well-stocked with these medications. **All OVER-THE-COUNTER medications sent to Camp will be considered a donation to our Health Centre stock.** Thank you.

## CAMPERS WITH GLASSES, RETAINERS, OTHER MEDICAL APPARATUS/DEVICES

If your camper wears glasses, we recommend sending a second pair, to be kept in the Health Centre, in case they are needed to replace a damaged pair.

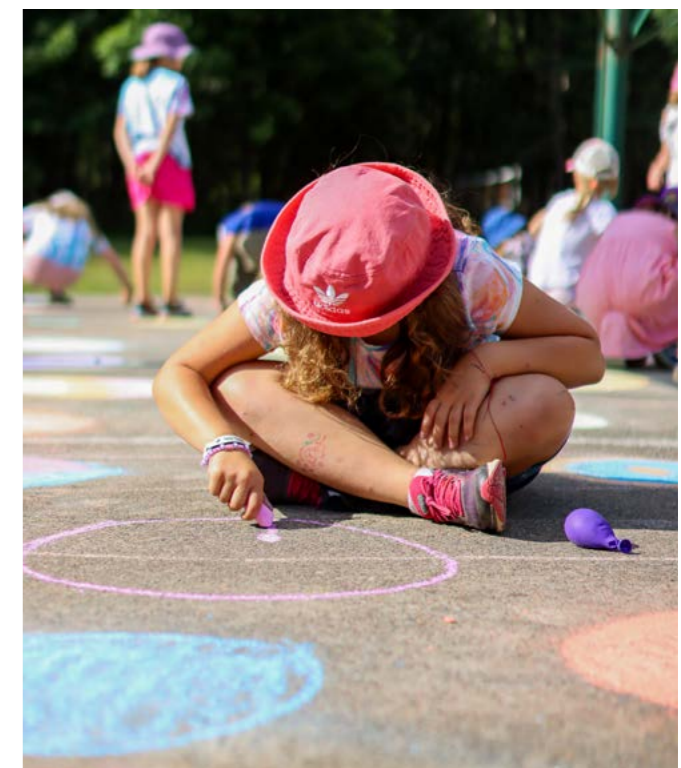
If possible, sending "back ups" of any medical items is recommended so that campers don't have to wait for replacements.

As well as physician visits, we can arrange for campers to see other medical professionals in Huntsville: dentist, orthodontist, optometrist, physiotherapist, etc. if needed.

*"THANK YOU TO THE ENTIRE TAWINGO FAMILY FOR MAKING MY SON'S TIME AT CAMP SO AMAZING! HE CAN'T STOP TALKING ABOUT CAMP TAWINGO. ACCORDING TO HIM IT'S THE BEST SLEEP AWAY CAMP EVER! THANK YOU FOR ALLOWING HIM TO MAKE LIFETIME MEMORIES AND AMAZING FRIENDSHIPS."*

## LICE

Although not an illness, Lice are a highly communicable nuisance. All campers undergo a scalp examination on the first day of Camp. Should we discover lice, professionals will be on hand to treat the camper and the expense for this service will be charged to the camper's Camper Bank Account at the cost of \$100.00/hour. **Please help us by checking your camper for lice before their arrival at Camp, and treating it prior to their arrival, since treatment at Camp is costly, as is the potential for spreading it!**





## WHEN AND WHY YOU MIGHT HEAR FROM OUR HEALTH CARE TEAM

One of our Nurses will call home to speak to you if:

- Your camper has been seen and treated by a Physician or Nurse Practitioner,
- Your camper has been seen and treated by a Physician or Nurse Practitioner and advanced care (such as medications) has been prescribed,
- Your camper has a collection of symptoms severe enough to warrant isolation. If this is the case, you will have the option to bring your camper home for the period of



isolation determined by our Health Care Team,

- Your camper has stayed the night in the Health Centre,
- Your camper requires a hospital visit,
- Your camper presents with a persistent illness or condition (as determined by our Health Care Team).

## BILLING

### Ontario campers

If your camper is seen and treated by a Physician or Nurse Practitioner, they will bill OHIP directly.

### Out of province and International campers

Should a camper from another province or country require medical attention beyond our own Health Care staff, Camp Tawingo will pay all expenses incurred (hospital visit, dentist appointment, prescriptions, etc.). These expenses will be added to the camper's Statement of Account.

## HEALTHY EATING

Camp Tawingo serves three healthy, nutritious, home-made meals and one snack to campers and staff every day. Our menus change daily, and offer a variety of meals. We celebrate meal time at Camp Tawingo - our campers and staff LOVE the food! Our cabin tables create family-like dining which helps to create a calm, organized dining space during the meal so that campers can relax and enjoy the mealtime experience.

Meals are served in ways that allow campers to create and control their own plates of food. For instance, pasta and sauce are served separately, the components of a sandwich are available for campers to build their own sandwiches the way they like them.

Second helpings are always available. Sometimes third helpings are also available!

Water and milk (dairy-free milk is available) are served at every meal.

Most of our baked goods - breads, buns, cookies, squares, pies, cakes, cupcakes, etc. - are made in our own kitchen by our Baker.

Camp Tawingo does **NOT** have a deep-fryer!

Camp Tawingo does **NOT** have a Tuck Shop. We provide our campers with special "treats" throughout the session - chocolate bars, soft drinks, potato chips, cheezies, candy, etc. We do this for many reasons:

- We don't believe that standing in line to buy junk food is a good use of time at Camp,
- We can control the amount of junk food eaten each day,
- We can ensure the waste created by packaged food items gets put in the garbage.

## FOOD ALLERGIES AND RESTRICTIONS

We do not cater to likes and dislikes, but we are prepared to accommodate most food allergies, intolerances, religious restrictions, and some life-style choices. Our Special Diets Chef is accustomed to creating delicious and safe meals for vegan, vegetarian, dairy-free, and gluten-free diets, as well as many other more specific allergies.

Campers with extensive food allergies or restrictions may be asked to bring some safe and well-liked food items from home. A conversation initiated by our Food Service Director, to ensure we can meet your camper's needs happens weeks before your camper's arrival to Camp.

Camp Tawingo is NUT-SAFE. We do not purchase, prepare, or serve any food items that may contain nuts or peanuts. We do our best to make sure that food does not come into Camp through other means:

- We do not deliver care packages from home to campers if we suspect they contain food items,
- Our staff know not to bring food to Camp that may contain traces of nuts/peanuts.

## ANAPHYLAXIS

There are steps that can be taken to ensure the safety and health of our campers with anaphylactic allergies and other dietary restrictions:

### Before the session starts:

- All food concerns must be forwarded to Camp Tawingo well in advance of the camper's arrival;
- our Food Service Director may contact you a few weeks prior to your camper's arrival to gather more details regarding your camper's allergy;
- It will be determined, prior to arrival, if the wisest choice is for the camper to bring with them food that is guaranteed safe and with which the child and their parents are comfortable;

### Additionally:

- Camp staff are trained in food safety, how to avoid cross-contamination, recognizing the signs of allergic reaction, and what steps to follow once an allergic reaction is determined;
- Camp Tawingo staff members are familiar with the locations of Epipens at Camp, (there are 6 Epipens located in different areas on site), and are trained to administer them.

### Upon arrival:

- All campers get a tour of the Kitchen and Dining Hall as part of the first day tour. On this part of the tour, they meet the Tawingo Kitchen Staff. Campers with life-threatening food allergies will talk, at length, with the Special Diets Chef about their allergy, appropriate alternatives, and the need for constant communication throughout the session;
- The Counsellor also participates in this conversation;
- Campers with life-threatening allergies will be required to have their Epipen with them at all times, unless deemed unnecessary by the family and the Health Care Team;
- Campers will be shown where Epipens are located around Camp;
- Campers who will keep Epipens with them at all times will be shown where the Med-pack "hangouts" are located in each area of Camp (highly visible, safe places for Epipen packs to be kept during activities for easy access);
- The Kitchen Staff will outline the protocol for the camper as described below:
  - Prior to eating any meal, the camper must check in with the Kitchen Staff who will direct them appropriately:
    - they will explain that the regular meal is safe







## BUGSENSE

### Mosquitos

Here are some things that you can do to assist us in encouraging “BUG SENSE”:

- Provide appropriate clothing for mosquito protection including long-sleeved, hooded sweatshirts and/or bug jackets;
- Educate your camper on the application of insect repellent and ensure you send a repellent containing 10-30% DEET with your camper.

### Ticks

Blacklegged ticks (also called deer ticks) live in wooded areas, tall grasses, and bushes. Not all ticks are blacklegged ticks; and not all blacklegged ticks carry Lyme disease. A tick must be infected by the bacteria causing Lyme disease in order to pass it on to a person. While the probability is low, it is possible to encounter an infected tick almost anywhere in Ontario. The best way to avoid ticks and tick bites is by doing the following:

- cover up – wearing long pants (tucked into socks) and long-sleeved shirts when you know you will be passing through long grass;
- use insect repellent – containing DEET or icaridin (applied to the skin or to clothing if not wanted on the skin);
- conduct full body checks – paying close attention to scalp, ankles, armpits, groin, navel, and behind the ears and knees;
- wash and dry thoroughly – showering/swimming after being outside; and
- quickly removing ticks if one is found – the potential for Lyme disease is significantly reduced if the tick is removed within 24 hours of initial contact.

### **Here at Camp we:**

- work to maintain carefully cut lawns. Staff are well aware of the areas of Camp that are overgrown and know to take the above precautions when near these areas;
- Instruct our staff to teach their campers how to do a body check and ask campers to do one daily;
- send all ticks (once removed) for testing.
- Help with sunscreen application and remind campers to reapply if needed;
- include an easy to use and effective tick remover in all First Aid Kits; and
- make sunscreen available at the Waterfront and Sportsfield throughout the summer;

- for them to eat, or
- they will provide them with a safe alternative;
- Although the Kitchen Staff will have already done so, the camper will be encouraged to read any/all wrappers and labels as an additional check.

The key to keeping our campers safe is constant and open communication. This is everyone's responsibility - Kitchen Staff, Counsellors, and campers.

## SUNSENSE

We ask our staff to remain vigilant regarding sun safety with our campers and with themselves throughout the summer. Staff encourage campers to protect themselves by reminding them to do the following:

- Wear a hat (we recommend a full brim, shading the face, neck, and ears); **no visors, please.** Hats are a must for outdoor activity at Camp;
- Wear appropriate protective clothing (light, loose-fitting);
- Wear sunscreen (SPF 30 or better). Campers are reminded to reapply their sunscreen as necessary throughout the day;
- Wear sunglasses to protect the eyes and delicate skin surrounding them;
- Avoid sun bathing.

Please take time to discuss these things with your camper and provide appropriate sun protection/education.

## 4 - LETTERS & EMAIL

YOUR CAMPER'S NAME  
CAMP TAWINGO  
1844 RAVENSCLIFFE RD  
HUNTSVILLE ON PIH 2N2

### PLEASE INCLUDE YOUR CAMPERS CABIN # IF YOU KNOW IT

- Campers are encouraged to write home. Indeed we offer a complimentary postcard to all first time campers (with the exception of 1B, 2B, 3A & 3B campers due to the shorter length of these sessions), the postage of which we cover - just to be sure parents/guardians of these campers receive at least one letter from Camp! ;)
- Campers appreciate receiving letters/emails from home, too!
- While letters from home are sent directly to Camp, emails are handled separately. We will email more details to you as we get closer to the summer. If you choose to email, please note that we will get your messages to campers as soon as possible, but there is a time delay. Please also note that the very last emails we download for campers each session are on the day before your camper leaves for home. Any last minute transportation details should, therefore, go through our main office, by phone.
- It would be good if your letters/emails were cheerful and avoided mentioning how much your camper is missed at home or about the fun the family may be having while your camper is at Camp or any other such news. The content of your letter/email might centre around such things as what fun it must be to be at Camp, the many new skills being learned, all the new friendships being made, and how you can't wait to hear all the stories!
- Please note that too many letters/emails from home may keep the camper's mind on home and can delay or prevent adjustments to a happy Camp life.
- Please note also that sending multiple “care packages” to your camper may create difficulties in the cabin, particularly if other campers do not regularly receive similar packages. We ask that you please be mindful of this when determining if (or how often) you send care packages to your camper. Thank you. **Remember, no food in parcels please.**
- Campers do not have access to computers and, therefore, cannot send e-mails.
- If you do not receive much mail from your camper, please be assured that this is a positive sign that your camper is likely too busy having fun with Camp friends!

- Campers who live outside Canada may write a 1-page letter once a week, which our Office Staff will scan and e-mail to the address provided on the “Confidential Information About Campers” form. The first e-mail will not be sent until at least the 5th day of Camp, after campers have had a chance to settle in.

**Please do not send EMERGENCY messages by email or fax. Instead, please phone and speak to a Tawingo Staff member. Thank you!**

## 5 - PARCELS, CARE PACKAGES, AND OTHER GIFTS

We provide every camper with a daily snack, in addition to 3 substantial meals. Therefore, please do not send or bring parcels of food to/for your camper.

- **We know you will appreciate the fact that we have campers with *life-threatening allergies* who must not be exposed to certain foods,**
- Also, food in and around the cabins attracts unwelcome ‘critters’;
- If food does get sent to a camper, it is confiscated and thrown out. We simply cannot risk cross contamination due to allergies.





## 6 - INTRODUCTORY A AND/OR B SESSION FAMILIES

Please be reminded of the following:

- 1A, 2A and 3A campers may COME to Camp by bus. However, there will not be a bus available to them on their departure day.
- 1B, 2B and 3B campers may GO home at the end of their session on the bus. However, there is no bus available to bring them to Camp on the first day of their session
- Session 1B and 2B campers WILL NOT be going on an outtrip in 2024. Session 1A and 2A campers WILL go on an outtrip. Families with campers registered for Sessions 3A and 3B, will receive an email one or two days prior to the start of their session, verifying whether your camper WILL or WILL NOT go on an outtrip during their session.

If you have a child attending a Regular Session AND a child attending an Introductory Session (with a different drop off or pick up date), please DO NOT expect to have a visit with your full session camper when dropping off or picking up your Introductory session camper. Regular session campers will remain engaged in their daily camp programming during Introductory session arrivals/departures.

If an A Session camper wishes to stay for the remainder of the Regular session, and there is room for them in the cabin, there MAY be an opportunity for a 1A, 2A and 3A camper to extend their stay at Camp. When an A Session camper expresses interest in staying longer at Camp, we reach out to the family to see if a longer stay is conducive with family plans. Please feel free to indicate if this is/is not something that your family is interested in by writing to: [summer@tawingo.net](mailto:summer@tawingo.net); or speaking directly with your camper's Counsellor at drop off.

## 7 - DAY CAMP FAMILIES

We ask that families with campers registered in both Overnight and Day Camp sessions NOT expect to see or visit with Overnight campers during Day Camp drop off/pick up. Not only are such visits unfair to all other campers who do not have such opportunities, they are disruptive to the daily programming and dynamic of Overnight Camp.

## 8 - BIRTHDAYS

Birthdays at Camp are very special! The birthday camper is invited to join a Director on stage while the entire camp community sings the Tawingo Birthday song to them. They are presented with a birthday cake, made by our Baker, that they share with their cabinmates. Campers are welcome to call home on their birthdays (usually after the supper meal). Their Counsellors or Circle Directors will make those arrangements for them through the Camp Office.

## 9 - IMPORTANT CAMP POLICIES

It is a Camp Tawingo policy that campers, TLCs, and staff do not bring to Camp nor use tobacco, alcohol, recreational marijuana, vaporiser/e-cigarettes, or illicit drugs at any time or in any place during their stay. Violation of this policy by anyone results in immediate dismissal from Camp, without re-imburement. Please be clear in communicating this policy and consequence with your camper prior to the start of Camp.

## 10 - CAMPER & PARENT PHONE CALLS

Due to the number of campers at Camp Tawingo, our attempt to make Camp an oasis, and to foster campers' independence, campers are **not** permitted to use the Camp phone or computers.

### **Please Note:**

The vast majority of our campers settle comfortably into Camp life. Indeed, our Tawingo staff are trained to recognize signs of missing home, and to respond immediately so that each camper acclimates quickly and successfully to the cabin group and Camp setting. In the very few instances when we have concerns about a camper's adjustment, **we will initiate a call to the parents** to discuss these concerns. For this reason, and because of the sheer number of campers we have, we would appreciate it if you did **not call** and ask us to check on your camper's well-being, unless you have information through a letter home that suggests there is a concern of which we may not be aware. **In all other cases, if there is a concern, we will call you.** Please know how grateful we will be for your support of this request. Should you need to get important information to us or your camper, please call the Camp Office and speak with a Tawingo Staff member.

### TWO FINAL NOTES TO ALL PARENTS/GUARDIANS OF NEW CAMPERS

Letters/e-mails or **pre-Camp conversations** that promise a shortened stay at Camp, if the camper communicates nervousness about Camp, make it very difficult for us to help the camper acclimate to cabin living and Camp life. Research has shown that promises of this kind: "We'll-come-and-pick-you-up-if-you're-not-having-fun", as well-intended as they may be, actually convey to the camper a lack of confidence in their ability to cope with and overcome any discomfort. Please be assured that, with our help, campers who miss home have and do overcome discomfort and gain tremendous confidence in themselves as a result. **Please help us help your camper by choosing to not make such promises, either before or during Camp.** Thank you.

Sixty summers of experience have shown us that the vast majority of campers quickly make a full and positive transition to Camp. For most, the adjustment period is a few minutes, for some a few hours, for a very few - a few days. Our entire leadership philosophy and Camp program are geared towards helping campers adjust, comfortably and happily, no matter the length of time it takes. To this we are committed. It may be the case that campers who take a wee bit longer to adjust to Camp, choose to express some sadness in their first letters home. After all, to miss home is completely natural. In a very few cases these feelings may be verbalized quite strongly. ("Please come and get me.") If you get a letter like this, please don't panic. Chances are we have already picked up on these feelings and helped your camper. Nonetheless, please contact Camp and let us know if you have received a letter like this and we will follow up with your camper at the earliest opportunity, and be back in touch with you just as soon as we can. Experience, again, has shown us that in virtually all cases, by the time the letter reaches home, the feelings of missing home have lessened markedly, or subsided altogether, and the camper is out enjoying all Camp has to offer. Comments like, "I'm having a blast, now" or "I was sad at first, but love it, now" are very common. To be sure, we will continue to monitor the situation closely, be in touch if we have a concern, and we will encourage your camper to write another letter home expressing their more positive feelings!





## 11 - VACATION CONTACT

If you plan to be out of country and/or may be unreachable during your campers' stay, please provide details in writing to: [summer@tawingo.net](mailto:summer@tawingo.net).

## 12 - BOOKS, COSTUMES, GAMES

We have built Camp Tawingo's "Lalla Pearse Memorial Library" from the generous contributions of camper families like you! If your family can add a new or used book or two to the Library, it would be greatly appreciated. Camp Tawingo can also make great use of unique clothing items (especially hats, coats, dresses, and specialty items). These are used in our costume department for skits and other special programs. For quiet times in the Health Centre and Library, we would appreciate the donation of any table/board games and/or puzzles that you no longer use, but that still have full sets of pieces. Our Crafts area is always in need of yarn. Any amount and any kind will do. Lastly, swim goggles can be very useful at the waterfront. Thank you for any donations to these areas.



## 13 - SWIMMING ABILITY AND PERSONAL FITNESS

- For safety reasons, we assess each camper's swimming ability on the first day of the Camp session.
- From these assessments, we determine to what extent campers may participate in programs in and on the water during their stay at Camp.
- During the remainder of the Camp session, campers have plenty of opportunity to improve their swimming skills.
- Your camper may want to practise swimming before arriving at Camp in order to be well prepared for the first-day swim assessment.
- In addition, it is a good idea to have your camper work on personal fitness for the active life of Camp. Vigorous outdoor activity for three parts of every day may be a departure from a camper's normal routine at home.

## 14 - OUTTRIPS

- All campers registered for 1st, 2nd, and 3rd Sessions experience an overnight canoe or hiking trip.
- Canoe trips for older campers may be two or three nights in length.
- On some canoe trips for older campers, Camp vehicles and/or chartered buses are used to transport campers and trip leaders to and from their canoe routes.
- Please note: Session 1B and 2B campers WILL NOT be going on an outtrip in 2024. Session 1A and 2A campers WILL go on an outtrip. For those families with campers registered for Session 3A and 3B, you may expect to receive an email verifying whether or not your camper WILL or WILL NOT go on trip at minimum one or two days prior to the start date of 3rd Session (August 11, 2024).



## 15 - EXTENDED CANOE TRIPS (VA AND WJ)

When next summer's literature is sent to you in the Fall, we may invite your camper to apply for our extended wilderness canoe trips - the Voyageur Adventure (VA) and the Wilderness Journey (WJ). Both trips are 15 days long and take place in the pristine wilderness of the Kipawa Forest Reserve in Quebec.

- To be eligible for our extended canoe trips, campers must be 14 years of age at the beginning of Camp, have completed a Fox Crest, and have been to Camp in 2024.
- A camper who meets these prerequisites receives a separate application form for the Voyageur Adventure or Wilderness Journey early in the fall.
- Campers who have been accepted for this summer's VA or WJ will receive more details about these trips in the coming weeks.

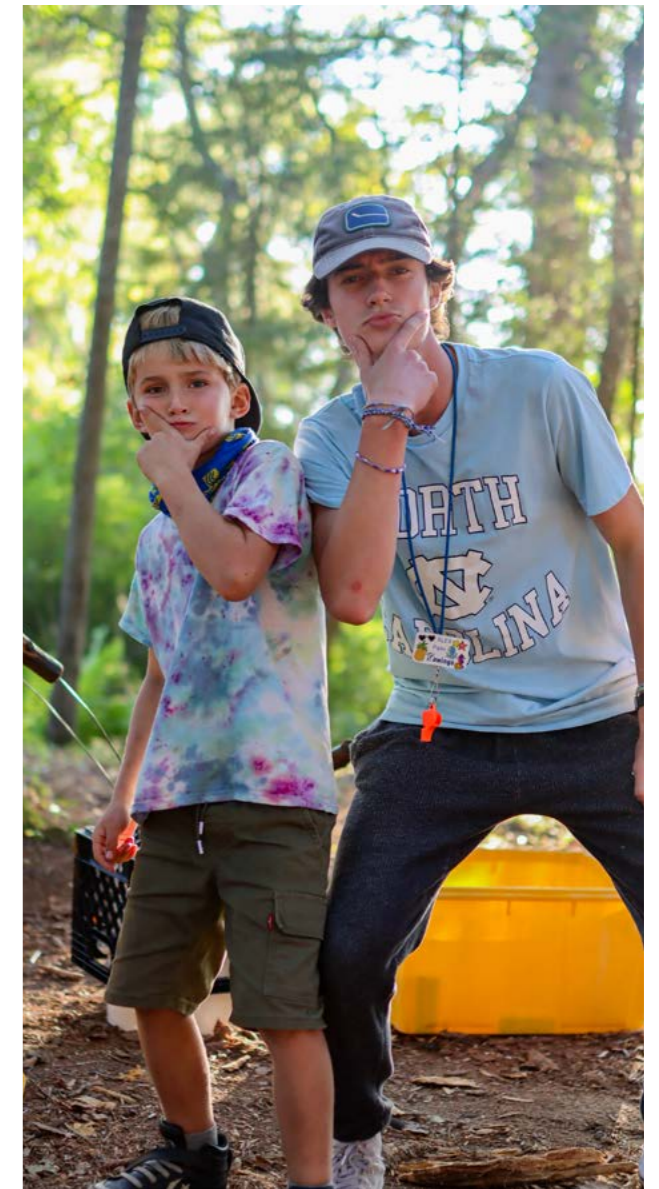
## 16 - TAWINGO LEADERSHIP COURSE

In the fall, we will provide all Tawingo campers from 2024 who will be 16 by July 1, 2025 and who have completed a Fox Crest, an opportunity to apply to be participants in the Tawingo Leadership Course. From the applications received, up to 40 campers will be chosen to take this summer Leadership Course. The purpose of the TLC is to prepare its participants to be Tawingo Staff members.



## 17 - SUMMER CAMP, 2025

- Our registration literature for Summer Camp, 2025 is usually sent to you in the first week of November. This year, we are going to, once again, offer a Premiere Registration Opportunity - an opportunity to register in early November, for 2025.
- The Premiere Registration Opportunity Camper Application forms will be sent to Summer 2024 campers, only.
- Most programs at Camp fill rapidly each year. We do not want your Camper to be disappointed. If you have not heard from us early in November, it would be advisable to contact our Camp Office (705-789-5612; [summer@tawingo.net](mailto:summer@tawingo.net)).





# 18 - IN CLOSING...

We are fully aware and accepting of our responsibility to guide your camper through a very happy and fulfilling Camp experience. We appreciate your confidence and support, and we assure you of our complete concern for your camper's happiness, health, safety, and personal growth.

**HERE'S TO A GREAT SUMMER!  
A SUMMER OF HAVING FUN BUILD-  
ING GREAT KIDS....**

Please remember that Camp **OPENS** and **CLOSES** on a different day each Session.

## SUMMER 2024 DATES ARE AS FOLLOWS:

1st Session	Tuesday, July 2 - Friday, July 19
Session 1A:	Tuesday, July 2 - Saturday, July 13
Session 1B:	Sunday, July 14 - Friday, July 19
2nd Session:	Sunday, July 21 - Friday, August 9
Session 2A:	Sunday, July 21 - Saturday, August 3
Session 2B:	Sunday, August 4 - Friday, August 9
3rd Session:	Sunday, August 11 - Monday, August 26
Session 3A:	Sunday, August 11 - Saturday, August 17
Session 3B:	Sunday, August 18 - Monday, August 26

If you are not using the Chartered Bus Service or the Airport Service to Camp, the best time to **ARRIVE** at Camp is **11:00 a.m. (Daylight Saving Time)**.

If you are not using the Chartered Bus Service or the Airport Service from Camp, the best time to **PICK UP** your camper is **11:00 a.m. (Daylight Saving Time)**

<b>OTTAWA: Loblaws: Bells Corners</b> <b>SW Corner Robertson Road and Moodie Drive</b> <b>Departs: 8:00 a.m. Returns: 4:15 p.m.</b>
<b>TORONTO: Parking Lot of The Vaughan IKEA</b> <b>200 Interchange Way</b> <b>Departs: 10:00 a.m. Returns: 2:15 p.m.</b>

## BUS DEPARTURES AND RETURNS :

### IMPORTANT CONTACT INFORMATION:

Camp Phone (Main Line): 705-789-5612  
 Camp Office Hours: 9:00 a.m. – 7:30 p.m. (Daylight Saving Time)  
 Camp Fax: 705-789-6624  
 Camp Website: [www.tawingo.net](http://www.tawingo.net)  
 Camp Email: [contact@tawingo.net](mailto:contact@tawingo.net)

### AT-A-GLANCE CHECKLIST

**Please complete the following through the online portal by May 31st:**

- Important Confidential Information About Campers Form
- Transportation/Camper Bank
- Any Additional Forms applicable to your camper (rental form, TLC time away, etc.)

#### Reminders:

- Label Everything with my camper's full name
- Label equipment and do not tie it to my camper's luggage
- Pack Raingear
- Pack only necessary medications in original containers
- Do not pack or send food/candy
- Check for Mandatory Items from the Equipment Checklist (including a whistle and a water bottle-if your camper is going on an outtrip)
- Refer to this document for any questions I may have regarding my camper's time at Camp
- Check for & treat lice before my camper arrives at Camp
- Notify Camp of any change of address or contact information
- Camp Tawingo Time = 1 hour BEHIND Daylight Saving Time!**







**IMPORTANT INFORMATION  
BOOKLET**