



A Letter from the Camp Director

Dear campers,

Welcome home! We can't wait to see you here this summer at Glen Mhor. Every day we get more and more excited for camp to start – this summer is going to be extraordinary! You'll have tons of fun doing activities like archery, canoeing, swimming in Echo Lake, high ropes, music and drama, climbing wall, our nightly campfire, arts and crafts, exploring the acres of forest that surround us, and so much more! We hope you're as excited as we are. As you prepare for your camp session, please look through this booklet about Glen Mhor Camp, what you should pack, and everything you need to know before you come. We're counting down the days 'til you arrive!

Dear parents and guardians,

First of all, we would like to thank you. Thank you for providing this opportunity for your child to build independence, confidence, and friendships. And thank you for entrusting your kids to us here at Glen Mhor Camp. Regardless of whether it is your child's first time coming to camp or they're a camp lifer, our primary goal is to provide every child with the most memorable week that we can, while ensuring their "360° Safety". This means we want them to feel physically, emotionally, socially, and spiritually safe in everything we do – from water activities to high ropes to discussing elements of their faith.

This information package is designed to help you and your child prepare for camp together, and gives you an idea of what to expect at camp this summer. When talking about the upcoming camp experience, clarifying expectations and setting a positive tone are all important steps in ensuring that your child will be able to get the most of his or her camp experience – and we're here to help you do that! We take our responsibility of providing care, support, and mentorship for our campers very seriously, and would love to answer any questions or concerns you have that aren't covered in this information package.

Yours in camping,

Robynne "Mapes" Howard
Camp Director, Cairn Family of Camps
mapes@ilovecamp.org

What are our Guiding Principles?

The 4 S's

- Is it SAFE?
- Does it SERVE the community?
- Does it promote SELF-ESTEEM?
- Is it good STEWARDSHIP of our Earth?

Empowering Great Decision Making

Contact Us

Robynne "Mapes" Howard (Camp Director): mapes@ilovecamp.org

Bridget Tilly (Administrator): admin@ilovecamp.org

Camp Office phone number: 705-767-3300





Welcome to Glen Mhor

Your registration for Glen Mhor Camp has been received – thank you! We are very excited to have you join us on the shores of Echo Lake this summer.

Please note that all forms must be completed prior to arrival

Glen Mhor Base Camp

Glen Mhor is located in a beautiful forest on the rugged granite bedrock of the Muskokas, with Echo Lake as its closest neighbour. Our cabins have bunkbeds that sleep up to ten campers and at least two counsellors; there will always be at least one counsellor of the same gender as the campers in the cabin. The Lodge, Courtyard and Lower Playing Field make up the centre of camp, acting as gathering places and play spaces. While we do have a few other indoor spaces, most of the programming at Glen Mhor occurs outdoors.

Meals at Glen Mhor

Meals for campers and staff are prepared by our dedicated kitchen staff. We eat breakfast, lunch and dinner with our cabin-mates and counsellors so that we can continue building community within these cabin groups. We also have a nutrition break in the afternoon, and a snack before going to bed at night. If your camper has special dietary needs, our kitchen staff will create nutritious alternatives for them.

The Glen Mhor Program

Our daily programming focuses on being active and having fun in the outdoors, all the while exploring a variety of activities and building community within the cabin. We work to challenge campers with new knowledge and skills, no matter what level of experience they may have coming into camp. Campers sign up for different activities run by our experienced program staff, including canoeing, kayaking, swimming, zip line (for intermediate and senior campers), high ropes, low ropes, climbing wall, team-building initiatives, arts and crafts, music and drama, dance, archery, and outdoor living skills.

There are also activities offered outside of the traditional camp sessions that add diversity to the camp week. For example, every Wednesday afternoon is Free Afternoon, where campers are able to travel around to different programme areas of their choice with a group of their friends. This allows campers to have a sense of autonomy, delving further into an activity they tried previously, or exploring something new at their own pace. Additionally counsellors may choose to run their own sessions based on the interests of their cabin. We've seen everything from spa days to messy twister, slip 'n' slides to scavenger hunts through the forest, baking with the kitchen staff to out-lunches on Mosquito Island. The possibilities are endless!

Faith is an integral part of daily life at Glen Mhor, and is practiced throughout the day by means of prayer, discussion, and an ever-present supportive, caring community. We also have a specific time for focused spirituality discussions and activities, and as reflection time at the beginning and end of each day.





Glen Mhor Camper Package

Having the Right Gear

The clothing and equipment campers bring to Glen Mhor can dramatically affect their comfort and enjoyment of their time at camp. Please help your child select camp-appropriate gear.

Must Haves

- socks and underwear
- shorts
- pants
- t-shirts
- long-sleeve shirts
- sweatshirt/fleece/hoodie
- swim suit and towel
- pajamas
- pillow
- sleeping bag, or sheets and a comforter
- waterproof rain jacket
- rain boots
- sturdy close-toed shoes for around site
- sandals with backs or crocs
- medication (if required)

Nice to Have (Optional)

- bug jacket
- cuddly toy
- pen/pencil/colouring supplies
- stationary for writing letters, drawing, etc.
- camera

Toiletries and Other Supplies

- toothbrush and toothbrush case/holder
- toothpaste
- shampoo, conditioner, soap
- bath towel and washcloth
- hairbrush or comb
- water bottle
- sunscreen
- insect repellant
- flashlight
- Bible

What do I leave at home?

Electronic or battery-operated devices: This includes cell phones, iPods, iPads, computer games, CDs, laptops, stereos, gaming devices, etc. We promote camp as a place to unplug and fully embrace the natural world around us.

Food: Animals are attracted by food and can be both dangerous and destructive. Any food brought to camp will be kept in the kitchen and returned to the camper upon departure.

Expensive Jewelry: At camp, things get dirty and are easily lost. Please keep valuables at home.

Tank tops: Campers spend the majority of their days outside in the hot sun. It is imperative that they bring and wear clothing that covers their head and shoulders.

Money: The Tuck Shop will be open on opening and closing days to purchase souvenirs; there is no need to have money during the session.

Cairn Family of Camps cannot be held responsible for lost, stolen, or damaged items.



Opening and Closing Day

Opening Day

Registration for the camp sessions will occur between 3:00pm and 4:00pm. We cannot accept campers before the specified registration time. Campers who arrive early will be asked to stay with their drivers until they are registered and officially taken into our care.

Upon your arrival at Glen Mhor you will first be directed to park your car, then register your camper in the Lodge (our dining hall). Our Camp Nurse will be at the registration table to receive any medication so it can be stored in the Health Centre and administered when necessary. We will have Tuck Shop merchandise available to be purchased, and you may also request a tour of the site at this time. If you have any questions, camp staff members, identifiable by their uniforms, will be happy to assist you. Parents and guardians are invited to join us at 4:00pm for an information meeting in the Breezeway, right outside the Lodge. This meeting will run every opening day.

Closing Day

Parents and guardians are invited to attend our Closing Campfire at 10:00am on Closing Day. Campers must be signed out between 10:00am and 11:00am. You will be required to provide photo ID in order to sign out your child.

Please note:

If, due to an emergency, you are unable to pick up or drop off your camper during the established times, please call the camp office at 705-767-3300.

Those with campers at both Glen Mhor and Iona will have to drive to each site to drop off their campers.

Contacting Campers

Mail

There is nothing more exciting than receiving a letter while at camp! Your camper can pack some stamps and envelopes to send you mail as well, if they'd like. Keep in mind that it takes about 3 days for mail to travel in Ontario. Our mailing address is 3200 Muskoka Road 117, Baysville ON, P0B 1AO

Email

In order to maintain regular contact with your camper, we offer a free, one-way email service to all camper families. Send an email to cairncamp@gmail.com, including the camper's name and cabin name in the subject line, and we will print off these emails every morning to distribute to the campers. Please note that there is no reply option.

Phone Calls

To help each camper experience the rewards of a successful, independent stay at camp, we believe it is best to limit telephone contact from home. Please make it clear to your child that, while you will be able to contact each other by phone in case of emergency, you will probably not need to talk on the phone during their time at camp. In case of an emergency phone call from home, we will bring your child to the Camp Office as soon as possible to speak with you.





How do I get to Glen Mhor?

From the GTA:

Take Hwy 400 North past Barrie. At the north end of Barrie, transfer to Hwy 11 North. Continue on Hwy 11 North past Bracebridge and Exit on Hwy 117 East. Take Hwy 117 East through Baysville. 5km east of Baysville, turn right into the Glen Mhor driveway, at 3200 Hwy 117.

From Eastern Ontario (Ottawa):

Take Hwy 17 East to Renfrew where you will transfer to Hwy 60 West. Continue on Hwy 60 to the town of Dwight, where you will turn left on Hwy 35 South. Take Hwy 35 South to Dorset, where you will turn right on Hwy 117 (west). Continue for 20km, then turn left into the Glen Mhor driveway, at 3200 Hwy 117.

From Peterborough:

Take Hwy 115 West of Peterborough to Lindsay, then turn onto Hwy 35 North. Continue on Hwy 35 for 160km, then turn right on Hwy 117 at Dorset. Continue for 20km, then turn left into the Glen Mhor driveway, at 3200 Hwy 117.

By Bus:

If your camper must travel by bus, we ask that you call the camp office and make arrangements for a staff member to meet your camper at the **Bracebridge** bus station. Please tell the camper to wait and identify themselves to someone wearing a camp staff uniform.





Glen Mhor Camper Package

Additional Notes

Weekend Overnight Stay

Any campers staying on-site between sessions will be staying at the Glen Mhor site. The cost for this is \$50.00 per camper per night. Laundry will be made available for campers staying over the weekend.

Lost and Found

Please check the lost and found before leaving the camp. Unclaimed articles will be held for two weeks only, and then will be sent to the Salvation Army.

Laundry

We do not have camper laundry facilities available for regular use. Make sure to pack enough for the entire camp session.

Lice Checks

We ask that you please check your child's hair one week before you travel to camp, so that you have adequate time to treat your child with lice shampoo should that be necessary, and again the day before you come. We ask you do this to prevent lice outbreaks within cabins.

Nut Policy

We are committed to running a nut-aware camp program again this summer. In nearly every session we have campers or staff with fatal nut allergies. Every step will be taken to protect their safety. The food service department will create menus with this in mind. Please assist us by not sending any nut products, or any products that may contain nuts, with your camper or in any package mailed to camp. While we are making this a priority, we can in no way guarantee a nut-free site.

Tuck Shop

We have a wide selection of camp clothing and souvenirs available on Opening and Closing Days as a special way for your camper to remember their time at camp. We can accept cash, cheque and credit card.

Camper Medications

Medications must be received in their original packaging – as organized and signed by your pharmacist – in order for our Camp Nurse to ensure that your camper is receiving the correct dosage. Any over-the-counter medications must also be in its original packaging. Always bring enough for 1½ weeks to ensure we will have the appropriate amount for your child. All medications will be kept by the Camp Nurse in the Health Centre.

Unpredicted Medical Treatment Policy

During your child's stay, should they need specific or specialized medical attention (prescription drugs, dental work, specialized products such as lice shampoo, crutches, ankle braces, foot casts etc.), Cairn will purchase the necessary items. An invoice will be provided for parents and guardians to be paid on Closing Day.

Privacy Policy

For information on the Synod Camping Privacy Policy please refer to our website at gmi.ilovecamp.org. Any questions can be answered by Chantal "Match" Jackson, our Privacy Officer.

Canadian Tire Money

We would welcome your Canadian Tire Money. These donations help us to pay for the regular maintenance concerns of camp. Thank you to the families who have collected Canadian Tire Money for us in the past.

