

CB / AVENTURIER ~ VANCOUVER ISLAND

If your child is registered in the CB or Adventurier Program at BCFFC Vancouver Island, you need to read the following. It is a brief trip outline and includes an equipment list for this program.

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 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.

ACTIVITIES PLANNED

Both groups will be either cycling or kayaking to their destination.

Aventuriers go from Monday-Tuesday, and Thursday-Friday.

CBers 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 counselor-planned activities ie. orienteering, games, etc.
- The trip will be a chance for Moniteurs to assess and teach the kids some basic canoe/kayak skills.

BCFFC has the right to change the program without notice

We require parent volunteers to assist with transporting the gear to and from their camps.

BCFFC policy requires all parents assisting in transporting youths have 2 million 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 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 overnigher 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 Aquaquest 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.

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.

EQUIPMENT

- Mountain 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 sometimes hilly.
- 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
- unbreakable plate, bowl, cup, spoon, knife, fork
- hat, sunscreen, bug repellent, sunglasses, water bottle
- a backpack to pack gear in ~ large enough to hold all of your belongings.
- 2 heavy duty orange garbage bags (don't cheap out – 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 watershoes 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, bandaids, 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.

Also kids, it isn't a fashion show - opt for comfort and protection from the elements when hiking and kayaking. Listen to your mamas!