



2024  
FAMILY  
HANDBOOK



Devil's Island  
Lake Temagami, Ontario



*This handbook is your trusty compass. Keep it close and let it guide you if you're lost.*

# Welcome to Keewaydin



Emily Schoelzel  
Director



John Frazier  
Assistant Director



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Greetings from Keewaydin Camp:  
We are ready for our 131st Season!

We are excited to have your child join us for a memorable summer at Keewaydin Camp. Our team is eager to meet and greet all campers on the dock.

We appreciate your trust in us and we're delighted to offer an unforgettable experience of canoeing and camping.

Sincerely,  
Emily and John  
and the Headquarters Team



# Preparing for Camp

Please visit your CampInTouch account to make a payment and fill out camp forms. If you need assistance recovering your CampInTouch password, contact Annette and she will gladly assist you.

## Your Task List:

- **March 1, Camp Tuition due**
- **April 15, Medical forms due**
- **May 1, Additional forms due**
- **May 15, Review packing list**
- **May 20, Letter to My Staff due**
- **June 1, Camper travel info due**



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## Contact Us:

**Office hours: 8:30 a.m. to 4:30 p.m. EST**

**Vermont office phone: 802-352-4709**

**Emily Schoelzel, Director: [emily@keewaydin.org](mailto:emily@keewaydin.org)**

**John Frazier, Assistant Director: [john@keewaydin.org](mailto:john@keewaydin.org)**

**Annette Franklin, Office Manager: [annette@keewaydin.org](mailto:annette@keewaydin.org)**

**Vermont Mailing address: 500 Rustic Lane, Salisbury, VT 05769**

**Summer Mailing address: Keewaydin Camp, [camper name], T1147, Temagami,  
Ontario PoH 2Ho**

# Hearing From Us



\*\*\*This green tab is our “We’ll reach out if... and we will not reach out if...” scenarios.\*\*\*

As camp kicks off, Emily and John dive headfirst into making the summer a smashing success. Expect occasional updates on the fun, and we’ll be in touch if anything needs your attention. No need to fret. We’ll always give you a heads-up if there’s any concern for your camper’s well-being.

Throughout this handbook, we’ve got you covered with “We will reach out to you if...” and “We will NOT reach out to you if...” scenarios. But let’s take a moment to remember that your child is one tough camper! For well over a century, Keewaydin has been a haven for kids just like yours, who come to Canada to explore, learn, and play. They’ll blaze trails, learn from mistakes, and come out stronger on the other end. So, take a deep breath and rest easy knowing that your camper will be welcomed with open arms and supported every step of the way.

The best way to reach us in the summer is by contacting Annette Franklin. Annette is based out of our Vermont office and is readily available Monday-Friday and always on travel days by phone or email. Your message will be passed onto us accordingly.



**Brand-new family Zoom session: No pressure!**

**March 16- Saturday 12 p.m. EST**

Join camp Director Emily Schoelzel and Assistant Director John Frazier on Zoom - we’ll cover travel details to Keewaydin, answer your questions, and share our excitement for the upcoming summer.



# Transportation for Campers: To and From Camp

**Campers arrive to camp in several different ways. They can...**

1. Fly into Toronto Pearson International Airport, meet our staff at the airport, then travel to Devil's Island on a chaperoned bus.
2. Travel to Toronto Pearson International Airport with parent or guardian, meet our staff at the airport, and then travel to Devil's Island on the chaperoned bus.
3. Drive to Boatline Bay Marina, Lake Temagami, with a parent or guardian.
4. Motorboat to the Main dock at Devil's Island.

**Based on your plans (shared on our Google Travel Form),  
we will send you more specific instructions regarding travel.**

**Travel Related Fees (charged at the end of the season)**

- Chaperoned Bus to/from Devil's Island-\$135
- Overnight Accommodations at airport (due to early and late arrival or delayed/cancelled flights)-\$150



# Will Your Camper Be Flying To Camp?

Your child might need to fly as an Unaccompanied Minor!

## Unaccompanied Minors

- Airlines require children under a certain age (this age varies) to travel as Unaccompanied Minors. **Please call the airline directly.**
- When you check in your camper at the airport, you will supply the name and contact of our staff who will receive them in Toronto. This information will also be sent to you before travel day.
- Provide us the name of the receiving adult for your child's return trip. You can do this within the Google Travel Form.

Campers traveling as Unaccompanied Minors should list John Frazier as the receiving adult in Toronto.

John Frazier  
(610-209-4324)  
Keewaydin Camps  
T-1147, Temagami, ON  
PoH 2Ho  
CANADA



Don't forget to peek at their passport expiry date!  
Renewing a passport can take 8-10 weeks.



**1** Check your camper in for their flight



**2** Camper takes off for Toronto



# TRAVEL



**7** Arrive at Camp!

*to Camp*



- Camper lands in Toronto
- Goes through Canadian Customs
- Collects luggage from baggage claim



Boat ride to Devil's Island

**6**



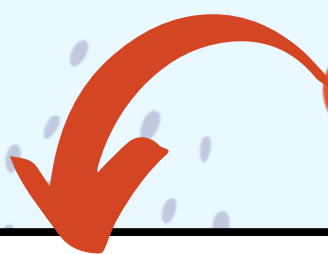
**5** Camper rides bus to Lake Temagami



Keewaydin Staff greets camper outside baggage claim doors

Hi!

**4**



Campers ride bus to Lake Temagami, with a stop for lunch along the way!

# Selecting the Appropriate Arrival Time

Score a win for early birds! Opt for a flight that lands BEFORE **11** a.m. to dodge any weather or airline delays. And don't forget, because your camper is landing in a Canadian international airport, they'll need time to clear customs and collect their luggage.

## Camper **Arrival** Dates and Times

### Flying to Canada

#### Toronto Pearson International (YYZ)

- June 27 for campers from the West Coast, choose to arrive AFTER 5:00 PM EST
- June 28 BEFORE noon
- July 20 for camper from the West Coast, choose to arrive AFTER 5:00 PM EST
- July 21 BEFORE noon

### Driving to Lake Temagami- meet us at Boatline Bay Marina

- June 28 @ 5:00 PM
- July 21 @ 5:00 PM

### Lake Temagami Local family- motor boat over to Main Dock on Devil's Island

- June 28 by special arrangement with Camp Director
- July 21 by special arrangement with Camp Director

# Selecting the Appropriate Departure Time

At **7:00 a.m.**, our chartered bus will whisk them off to Toronto's Pearson Airport Terminal 1, arriving by **1:30-2 p.m.**

But before you book your canoe tripper's flight, remember to choose one that takes off **after 5 p.m.** Trust us, you don't want them caught up in long check-in and security lines. Our team will be there to help set up Unaccompanied Minor status, which can take up to 2 hours. But no need to stress! We'll make sure your kiddo gets an early dinner before they take off on their next adventure.

## Camper **Departure** Dates and Times

### Flying home

#### Toronto Pearson International (YYZ)

- July 20 AFTER 3:30 PM
- July 20 AFTER 5:00 PM if they're an Unaccompanied Minor
- August 12 AFTER 3:30 PM
- August 12 AFTER 5:00 PM if they're an Unaccompanied Minor

### Airport Pickup

#### Toronto Pearson International Airport (YYZ)

Annette will inform you of the meeting spot!

- July 20 @ 1:00 PM
- August 12 @ 1:00 PM

### Lake Temagami Pickup

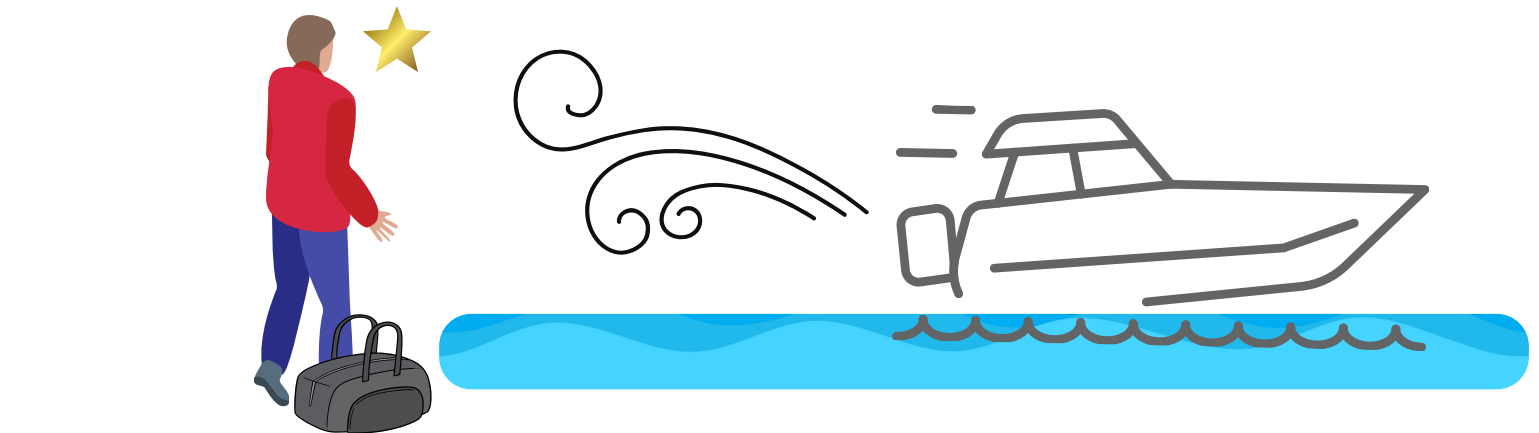
#### Meet us at Boatline Bay Marina

- July 20 @ 8:00 AM
- August 12 @ 8:00 AM



# 6 Travel Day tips!

1. Keep Annette Franklin's contact info in case of travel changes. She is your point person for keeping us in the loop! Annette tracks flights, but please inform her of any delays or cancellations immediately.
2. If your camper travels alone, you will receive a phone call when our staff safely collects them.
3. Don't worry if your camper's flight arrives late. We have staff prepared to wait for them at the airport and transport them to camp.
4. Do not call or text John Frazier to communicate travel updates; John is working hard to collect and keep ALL the campers together and to coordinate departure to camp. **Contact Annette!**
- ★ 5. Pack a jacket in your campers' carry-on bag. And have them wear pants when traveling. The boat ride to Devil's Island can get chilly.
6. Pack medication in the carry-on bag if your camper is flying in case of lost or delayed luggage.



Keep Annette Franklin's contact info in case of travel changes. She is your point person for keeping us in the loop!

\*\*\*Annette Franklin  
annette@keewaydin.org  
office: 802-352-4709  
cell: 802-349-5363\*\*\*

# Saying Goodbye: The Ultimate Airport Drop-off Guide

Dropping your camper at the Toronto Pearson Intl. Airport?

Schedule your camper drop-off by 11:30 a.m. You can always swing by earlier. Keep an eye out for our friendly Keewaydin crew and get ready to hand over your camper. No need to stand around!

**Tell your child “they’ll do great, have fun, and can’t wait to hear all about camp when it’s over!”**

## Can you provide information on who will be in my camper's section?

Excellent question! It's essential to note that campers and their families are not informed of their section assignment until they arrive at Keewaydin. This way, campers can all get pumped up together on the bus ride over without stressing over the details. There can a lot of nervous energy on the bus ride. We will welcome campers at the main dock and they will immediately be greeted by their sections staff!

## Arriving at Camp: A Warm Welcome and a Night of New Friendships

As evening falls, campers are transported up the lake and arrive at our main dock. Our staff is there to greet them and make them feel at home. After a warm introduction, campers head to their cabins to choose their bunks and settle in. Then it's off to the dining hall for a hearty meal and a quick tour. Our staff is on hand to answer any questions and ensure that everyone is comfortable. As the night goes on, new friendships are formed and old ones are rekindled.

# Saying Goodbye for the Summer

## How to say goodbye

“Have a great summer” is a good place to start. Goodbyes can be hard, but it is a necessary part of the camp experience.



## Trust the process

If your camper has trouble letting you go, the best thing you can do is express your confidence in them and then, as hard as it is, leave them in our hands.

## Try not to linger

It is good to say your goodbyes and send your camper on their way.

## Sometimes you won't get the goodbye you wanted

Know that your child is showing very positive independence when they slip away to meet and interact with others.

## Try not to show too much emotion

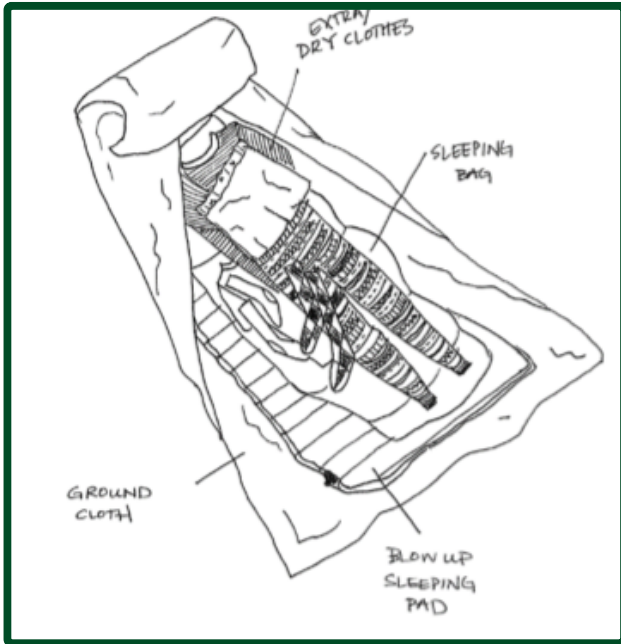
It is natural for you to feel sad. We suggest you serve up a “goodbye sandwich.” For example: “You are going to have so much fun! It will be hard to not be together, but I can't wait to hear all about the new friends you have made!”

## Write them an encouraging letter

This is a chance to encourage them to embrace the camp experience, have fun, do your best, ask questions, relish the adventure, take a deep breath. You know your child best, give them a boost and follow your own advice while they are gone.

# Packing for Camp

This image shows a camper using his ground cloth/tarp to cover his sleeping bag, sleeping pad, and clothing.



**It's time to get your packing game on, campers!** Don't forget to check out the must-have gear and clothing lists to make sure you're all set. Got any questions or concerns about packing? No sweat, just give us a holler and we'll help you gear up for a comfy time at camp.



# Packing List

## Unique Keewaydin Equipment:

Please order your **canvas duffel, tumpline, and waterproof ground sheet** through your **CampInTouch account under “Additional Options.”** These items will be billed at the end of the summer. We will have them at our camp store and give them your camper on the first day of camp. These items last for years, so if a relative has a duffel or tumpline from their camp years, those will also work. Returning campers should pack their duffel, tumpline, and ground sheet.

**TIPS for packing trip equipment!** Trip equipment and clothing are essential; follow the list below and consider how much you'll need for 3 or 6 weeks. Campers will be sleeping in a tent at a camp for most of their time, rolling up their clothing, sleeping bag, and pad each morning! No “sleepover” or “car camping” sleeping bags; your camper will thank you!

**Essential Equipment:** The items listed below should be brought to camp with your camper.

- **Sleeping bag** rated to 20-35 F degrees (or personal preference). Insulation fill should be a synthetic material and can be compressed well. Bags that are a partial mummy shape are preferred to full mummy bags as they roll like a burrito better (Sierra Trading Post, Big Agnes, REI, Mountain Equipment Co-Op and LL Bean, Backcountry.com are great resources)
- **Self-Inflatable Sleeping pad** – ¾” to 1” thickness Thermarest is a famous brand (or try Big Agnes, EMS, or LL Bean). It should not be longer than a sleeping bag. It is essential for insulating between yourself and the ground to help stay warm on cooler nights. Provides padding and comfort while sleeping.
- **Toiletry kit** – quart-sized ziplock bags or a small zipper toiletry bag work great to hold toiletries
  - Toothbrush & toothpaste & floss
  - Soap & shampoo (biodegradable, please) Refills are available at the Keewaydin Camp Store!
  - comb or hair brush, hair ties for long hair, or clips to hold hair back
  - small hand cream/salve
  - small washcloth
  - braces wax (if a camper has braces)
  - nail clippers
- **Menstrual pads**, tampons (non-plastic), and/or menstrual cups. Menstruating campers should continue their routine they have at home.
- **one bottle of Sunscreen-SPF 30** minimum (non-aerosol)
- **Extra pair prescription glasses** and/or disposable contacts are best
- **Sunglasses** with attachment cord (GoodR, Blenders, KnockAround)
- **Headlamp with batteries-** (extra batteries too) Petzl, BlackDiamond, Fenix, BioLite
- **1-liter water bottle** -Nalgene is a great brand. Plastic is best. Water filter included is excellent to have. Sold at Keewaydin store too!
- **Bug repellent**-Badger Balm, Off Deep Woods, or Piacitive



# Packing List



## Essential Clothing:

**TIPS for packing trip clothing!** The key to your camper being prepared is to have clothing that can be layered. Bring ALL of the essential clothing items to camp; no need to pack lots of “extras;” simple living at camp is what we do!

Temperatures fluctuate and can be cool in the morning (50-60 degrees F or 10-15 degrees Celsius) and warm up to (75-90 degrees F or 23-32 degrees Celsius) during the day in the Lake Temagami region. Stay away from packing cotton. Cotton is cold when wet. Synthetic materials dry quickly. We want to protect their skin from the sun; we want to protect their eyes when on the water, and on a cool night, we want them to be cozy in their sleeping bag with a warm winter hat.

## Now, let’s talk about shoes and how to protect your feet!

**Shoes:** Campers need three types of shoes for Keewaydin canoe tripping: **trip shoes, dry shoes, and sandals.** Trip Shoes for during the day when on trip; imagine shoes getting wet when they get in and out of the canoe. Dry shoes are for the campsite; they help your camper take good care of their feet by being able to take off their Trip Shoes and wet wool socks and put on dry socks and Dry Shoes. This helps prevent your camper from getting athlete’s foot, which can be uncomfortable and make walking difficult. Sandals are essential for your camper to swim on trip and protect their feet from cuts and scrapes.

- **Trip Shoes-** A durable pair of hiking shoes or mid-ankle height boots is necessary and should be suitable for all terrain. Trip shoes will regularly get wet. They should provide support and protection to last the camp season. Avoid Gore-Tex, as it will slow down a shoe’s ability to dry out. Avoid a heavy boot. Look for Solomon, Sportiva, or Merrell Moab; they are examples of quality tripping shoes.
- **Dry Shoes-** Comfortable shoes to wear around base camp or the campsite, such as a sturdy pair of sneakers or a low pair of L.L.Bean boots or similar type. Campers will rely upon their dry shoes to take care of their feet and give their trip shoes a chance to dry out at the end of the day.
- **Sandals-** Camper are required to wear footwear to swim on trip. Sandals are good option and provide campers a chance to dry out their feet on a sunny day. Look for ones that cover the toes and can be cinched around the foot for a secure fit while swimming. Popular brands include Teva, Keen, Chaco, and Merrell. No flip flops or slip-ons.

# Packing List

## Essential Clothing continued:

- **Warm jacket** – heavy wool or fleece material (it can get cold in Canada!) Check out local thrift stores for wool jackets, or visit Johnson Woolen Mills, Woolrich, or L.L. Bean. Fleece jackets should zip up, but a pullover version is suitable, too. No Cotton sweatshirts. Synthetic is better, as it can dry more quickly. Great brands are Columbia, North Face, Sierra Designs, L.L.Bean
- **3-4 pairs of pants** (2 for trip and 1 for basecamp; bring a 4th if staying for six weeks). Dickies Original 874 pants are inexpensive, durable, and popular. Or quick dry-style hiking pants. Jeans are okay to wear around basecamp. Casual pants are great for basecamp but won't be rugged enough for camping.
- **5-8 pairs of underwear** – synthetic material or wool preferred, NO cotton. Cotton underwear can cause chaffing on the skin when wet, which is very uncomfortable! Synthetic boxer briefs are great for boys, and many girls bring extra bathing suit bottoms to wear as they are fantastic to swim in and dry quickly.
- **3 pairs of shorts** - synthetic shorts are appropriate as long as they can last the whole season. Cotton shorts are okay for basecamp.
- **1-2 long sleeve light-weight or mid-weight shirts** (pullover or button-up)
- **1 set of long underwear (bottom and top)**- lightweight Capilene, wool, or light-weight fleece (NO COTTON)
- **3-4 T-shirts**- choose 1 or 2 quick dry performance t-shirts
- **5-6 pairs of wool socks**- Lightweight and medium weight. These are essential for their warmth, durability, and ability to help prevent blisters. They should be at least 80% wool. Great brands are REI, EMS, Fox River, DarnTough, Smartwool, Woolrich
- **Bathing suit**
- **Rain suit jacket and pants are essential.** suits should have taped seams and should be waterproof. Durability is important. Great brands are Colombia, Frogg Toggs, Sierra Designs, LL Bean
- **Wool, fleece, or synthetic knit hat**
- **Sun hat/ ball cap**
- **Camera** – Check out [campsnapphoto.com](http://campsnapphoto.com) for a budget-friendly digital camera

A well prepared camper! Ball cap, fleece jacket, synthetic t-shirt, trip shoes, while carrying the “double packs” with her tumpline.



## Items to Avoid Packing:

- Valuable or sentimental belongings, such as watches and jewelry.
- Laptops or any devices that require Wi-Fi or cellular service.
- Items that generate heat or fire, such as matches, lighters, cigarettes, e-cigarettes, incense, candles, mosquito coils, fireworks, and sparklers.
- Any clothing that is important or requires special washing or drying.

# Packing List

- 2 Handkerchiefs or bandannas for helping keep hands clean
- 2 Towels:
  - one full-size beach-sized towel for base camp and
  - one microfiber, quick-drying pack towel for trips
- A thin and wide sarong or towel is great for keeping clothing organized when rolling up their sleeping bag and pad.
- Backpack/day pack with padded shoulders sized between 21-30 Liters. A school backpack or a simple hiking daypack. Campers will keep items in their packs, such as sunscreen, bug spray, ball cap, water bottle, and lip balm. Sometimes, campers share backpacks.
- Clean clothes for trip home packed separately in a sealable plastic bag. One pair of underwear, socks, pants or shorts, and a shirt.



## Optional Items for Camp:

- Pajamas or sleepwear for the cabin
- 55-60-liter dry bag (roll top, no straps) - not necessary for base campers, but many campers and staff use this item to put it inside their canvas duffel. This bag becomes essential for campers who will have the chance to begin river travel as an older camper. Brands: Sealine Baja 55
- 1 pair of warm gloves (wool or polypropylene) for cold weather
- Books – paperback
- Ziploc bags - gallon-sized freezer and quart-size bags are terrific for organizing small gear, notebooks, books, cards, and toiletries.
- Small journal and pencil or pen
- Cards and/or chess, cribbage sets, etc.
- Small dry bag for inside the day pack
- Fishing gear – collapsible rod or short rod, spinning or spin-casting 6-12 lbs. test line. 6" steel leaders, yellow Mr. Twisters, small crankbait. Bring lures in a small portable case.
- Laundry bag
- Small pocket knife - 3" blade Maximum length. A small locking folding knife or multi-tool that can hook onto a belt in a belt case or with some string that is long enough to slide into a pocket.



## Pocket knife pledge:

For a camper to have a pocket knife or multi-tool at camp they will need to accept the rules and responsibility of keeping and using a pocket knife or multi-tool. Carrying a knife is a privilege at camp and can be lost if a camper does not follow the responsibility rules.

1. A knife is a tool, not a toy.
2. When using a knife, you must be more than an arms length from another person.
3. If you are asked to put a knife away by your staff, you must put the knife away.
4. You will receive two warnings before the staff can take your knife to hold onto until the end of your time at camp.

# Health & Hygiene



## Hygiene/Self Care

Swim every day! There's an award. This challenge we present to campers specifically promotes fun and cleanliness. The fact is, campers will get dirty on a canoe trip. They'll get scrapes and cuts and bruises.



Self-care is important to talk to your camper about. Our staff provides lots of guidance and reminders and teaches their campers that taking care of themselves is important. "Wear sunscreen, wear a hat, it's time to put on your dry socks and dry shoes, put on some bug spray, or let's wear pants and a long sleeve today to protect your skin. Oh, and water break, time to hydrate!" Nobody wants an ingrown toenail or an infected bug bite. We are here to help your camper learn to take care of themselves, and you can help by encouraging them to check in with their staff.



## Head Lice - treat head lice before sending them to camp!

Please ensure your child is examined for head lice before coming to camp. Campers are examined upon arrival by our medical staff, and if head lice are found, they will be treated with a lice treatment. Additionally, if your camper prefers a short haircut to eliminate the lice, we can accommodate their decision.

## Eyeglasses & Contacts



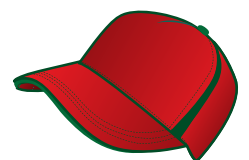
If your camper wears eyeglasses, please send along a second pair. Replacement during the summer can pose a significant challenge due to the remote nature of many of our canoe trips.

Disposable one-a-day contacts are best. Campers' hands will be dirty! Glasses can be a better option for summer camping success.

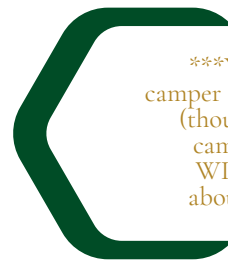
## Menstrual Cycle

If your child may begin their menstrual cycle while at camp, please send supplies your child prefers to support their menstrual cycle. Campers will be provided an opaque plastic bag to deposit their menstrual products, which will be thrown away. Your child can keep their menstrual products dry and clean in a zip-lock bag. Please pack extra.

Our kind and caring trip leaders can support your camper, and our medical staff is also prepared to provide guidance. Please call the camp director with any concerns or questions.



# Health & Hygiene



\*\*\*You WILL NOT hear from us if your camper changes his/her name or cuts his/her hair (though we strongly discourage haircuts at camp, they do happen sometimes!). You WILL hear from us if we have concerns about your camper's health or safety. \*\*\*

## **Bedwetting**

Camping and bedwetting can be a significant challenge for a camper. Our staff can assist with helping your camper clean clothing or washing their sleeping bag. Our program does not provide campers many opportunities to have clean and dry clothing regularly if they struggle with bedwetting. If your camper has a bedwetting accident, we have spare sleeping bags and washing machines at camp. Please talk with director Emily Schoelzel so we can help find solutions for your child.

## **Constipation**

Camping trips mean campers will learn how to appropriately and safely go poop in the woods. Staff will teach campers guidelines for good hygiene in the backcountry. Talk to your camper about constipation, and please share in your camper's health forms if they consistently struggle with constipation at home. Share if they use over-the-counter medicine to help with constipation. Constipation can be very uncomfortable for a camper and can impact the quality of their camp experience.

## **Drugs and Alcohol Policy**

Tobacco and marijuana products, consumption or possession of alcohol, and/or misuse of prescription drugs are prohibited at Keewaydin. Being under the influence of alcohol and/or the possession, use, sale, purchase, or attempted sale/purchase of alcohol at Keewaydin is prohibited and may result in being sent home. Possession of drug paraphernalia at Keewaydin is prohibited. Being under the influence of illicit drugs and/or the possession, use, sale, purchase, or attempted sale/purchase of illicit drugs at Keewaydin is prohibited and may result in being sent home. If, while at Keewaydin, a camper has reason to suspect that another camper possesses alcohol or drugs or has consumed alcohol or used drugs, they are required to notify a senior staff member.

If your camper chooses not to follow camp policy, Keewaydin can remove them from their canoe trip and send them home. Expenses related to this decision will be the responsibility of the family, we do our best to minimize the expense, but it can be thousands of dollars.



# Dietary & Allergy Info

## Dietary Sensitivity or Allergy?

A lot of care and planning goes into our meals at Keewaydin. We provide healthy, well-balanced, and DELICIOUS food, in-camp and on-trip. Our basecamp kitchen is nut-free.

We can accommodate most dietary needs in camp and on trips, such as no pork, gluten-free, vegetarian, and nut-free. You will have the opportunity to list any dietary needs when you submit your camper's medical information. Please be specific. Please call the camp director if your child has a life-threatening food allergy.

## No snacks in their packs:

We request that ALL FOOD be left at home to support our campers and staff with allergies. Food brought to camp will be collected upon arrival and not returned.

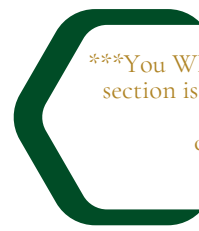
## Seasonal allergies, strong or severe reactions to food or insect bites?

Please send your camper with their allergy medication or EpiPen(s). We will also carry in our med kits OTC allergy medication and EpiPens.

List specific information about your child's allergies within the camp med forms.



# Camper Care



\*\*\*You WILL NOT hear from us if your camper's section is learning how to get along. You WILL hear from us if there is a concern related to health and safety.\*\*\*

Our goal with camper care is to support campers with the social and emotional challenges that may arise as they navigate a summer away from home. At Keewaydin, we provide campers the opportunity to be outside, to connect with peers, and to immerse themselves into the camp experience. Canoe trips are challenging and empowering. Most campers thrive in this environment, but circumstances or individual challenges sometimes arise during the summer. Please note that while Keewaydin is a healthy and supportive environment, it is not a therapeutic camp and may not be able to support some campers with more acute needs. If our Headquarters team decides that camp is not the best place for your child, we will work with you to facilitate an early departure. Please refer to the chart below with examples of what we usually can and cannot provide, and contact us if you have concerns. If we have concerns about any of the examples listed below, we will reach out to you.

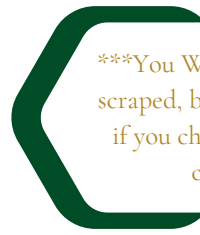
## Keewaydin can usually provide

- Strategies for coping with mild symptoms of anxiety and depression
- Support for a camper who has engaged in self-harm in the past but is in remission
- Support for a camper with a history of disordered eating or whose eating disorder is well managed
- Support and redirection for a camper who may need short breaks from group settings
- Consistent encouragement to keep trying and participate in the canoe trip

## Keewaydin cannot provide

- Therapeutic treatment for a camper experiencing significant or recurring distress (ex. frequent panic attacks, severe depressive episodes, suicidal ideation)
- Support for a camper actively engaging in self-harm at camp
- Support for a camper currently struggling with a severe eating disorder
- Contact with a camper's therapist on demand
- Support for a camper requiring 1:1 behavioral intervention to function in group settings

# Medical & Emergency Info



\*\*\*You WILL NOT hear from us if your child gets scraped, bruised, has a cold. We WILL contact you if you child needs medical attention beyond our camp medical staffs' abilities.\*\*\*

## Health Forms—Due April 14th

Every camper must have completed all health forms. These include health history, mental health and well-being forms, and a medical recommendation from your doctor. You can access these forms on your CampInTouch account.

## Medical Coverage

We require that your child be covered by medical insurance. You must check with your insurance company before the summer to ensure your camper is covered in Canada and make arrangements if not.

## Medications

Campers should bring **ALL** medications with them to camp. Campers who take medication regularly should continue while at camp. Please consult your physician before making any medication changes. From our experience, it is best to keep prescription medications the same at camp. Your camper's staff leader will collect the medication upon arrival and review the prescription with our camp medical staff. If medication needs have changed before the start of camp, please **inform the Camp Director.** ★ **Tip: pack medication in the carry-on bag if your camper is flying in case of lost or delayed luggage.**

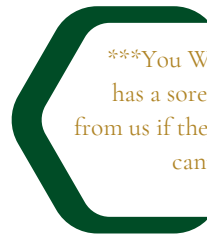
## Pre-Existing Injury

Should your camper become injured before camp begins, please have them cleared to participate by their doctor before they come to camp. Please **inform the Camp Director** of any pre-existing injuries.

## Contagious Disease

If your child has been exposed to a contagious disease such as chicken pox, measles, mumps, MRSA etc., they should not be sent to camp until the incubation period has passed.

# Medical & Emergency Info



\*\*\*You WILL NOT hear from us if your camper has a sore throat or runny nose. You WILL hear from us if they have chronic symptoms or an injury that cannot be safely treated or managed by our medical staff.\*\*\*

## Trip Evacuation Policy

If a camper needs to be evacuated from a canoe trip or camp, the costs of travel and medical costs are the responsibility of the camper's family. Keewaydin directors endeavor to include parents/guardians in all evacuation and medical decisions. If parents/guardians are not available or are not in agreement, Keewaydin directors or agents are authorized to make emergency medical and safety decisions for the welfare of campers (as per the authorization section of the Keewaydin Application Form). We strongly encourage the purchase of travel insurance for your camper.

Staff leaders carry emergency communication devices and a first aid kit to check in with the Headquarters team.

## Nearest hospitals

Timiskaming Hospital, New Liskeard, ON 45 minutes from Lake Temagami

North Bay Hospital, North Bay, ON 1 hour and 10 minutes from Lake Temagami

**Emergency support:** We can use a local float plane service or Provincial Police to support a medical emergency. This is combined with our backcountry knowledge and understanding of the fastest and safest way to get an injured person to medical care.

## Reasons for going home early

- \*See Camper Care
- Physical injury that prevents them from participating in camp for a prolonged period
- Behavior issues
- Drug use, alcohol use, or vaping

# Money & Invoicing

## Camp Fees

Camp tuition is **due by March 1** unless you have made other arrangements or payment plans. Once accepted, we do not provide a refund unless the camper can be replaced.

## Travel Insurance

We strongly encourage you to purchase travel insurance.

- First, this will allow you to recoup your tuition if your child cannot attend camp for reasons approved by the insurance company. Keewaydin does not refund tuition fees in the event of cancellation.
- Second, this should cover evacuation expenses if your child needs to be evacuated from a trip.
- Third, many travel insurance policies cover emergency medical expenses.
- Travel insurance is available through your travel agent.

## Money

There is no need for money at camp. If your child needs cash for traveling to and from camp, this will be collected and kept in our safe on Devil's Island. We recommend a minimum of \$30 for emergency needs for campers coming by airplane. We discourage campers from having large sums of money in camp or on trip. All items in the Camp Store may be charged to the camper's account and billed after the close of camp.

Section A and 1 campers may be specifically encouraged to bring money for the opportunity to purchase crafts from a local community artisan at the end of their bay trips.

## Valuables - Keeping them safe!

Passports, cellphones and other valuables will be collected by our staff at the beginning of the season. These will be placed in the camp safe until the morning of departure at which time our staff will return them to the campers. If you are picking your child up from camp, we will give you their valuables directly.

## Gratuities

When it comes to giving thanks to our hardworking staff, we kindly request you hold off on any gratuities. However, if you're feeling the love, you can show it with a donation to the Roy Waters Scholarship Fund in their name. This fantastic fund helps support campers in need.

## Ojibway Family Lodge Visits

Campers might be itching for a treat. In between canoe trips they can take a stroll with their staff to the Ojibway Store for a refreshing soda and a candy bar on us!



# Money & Invoicing

Keewaydin Camp Store, if your camper forgets something, we've got them covered! Apart from our snazzy merch and clothes, you'll find essentials like bug spray, toothpaste, stamps, and batteries.

Parents, we suggest setting a limit of **\$200 per camper** for the Camp Store. This will let them snag some souvenirs or clothing items. We keep purchases to a minimum, and our team will make sure your camper sticks to your pre-approved limit. Complete the store limit for on CampInTouch.

## Camper Mail & Packages



Campers **LOVE** receiving a letter while they are at camp. We encourage parents to mail letters so they arrive before their child does. Each camper will write a postcard home after arriving at camp and between trips. Please send pre-addressed envelopes for the people you want your child to write to. Do not put US stamps on the envelopes. Postcards and stamps are available at the camp store as well.

If you get an “I hate camp” letter, don’t panic. It’s common for campers (especially new ones) to write a letter saying: “This is hard, but I saw an eagle!” Complaining to parents empowers children. If you get an adverse letter, please alert us, but also be aware that it is likely that matters have improved dramatically since the letter was written.

**No food or snacks or treats.** Please do not send any food (or gum!) to camp. We do not accept food parcels for the safety of our campers with life-threatening allergies and the prevalence of animals in cabins when there is food. Comics, decks of cards, magazines, and photos are great alternatives to treats. If sending parcels, please use the USPS. Other shipping agencies cannot deliver to camp; we are on an island!

Be mindful that the postal service is slower to and from Temagami, so plan accordingly.

### Keewaydin’s mailing address:

“Your Camper’s Name”

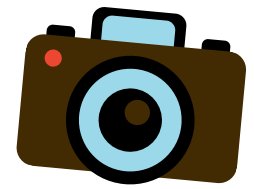
C/O Keewaydin Camp

T 1147

Temagami, ON P0H 2H0

CANADA



# Capturing the Moments



Picture-perfect moments can be found with a simple point-and-shoot digital camera .

We use **SmugMug** as our host site for current summer photos. This is a **password-protected site**. We will email you the link and password once we post some photos on the photo site. We do not make images of current campers public during the summer; our SmugMug site is designed for parents and guardians.

Due to the nature of our canoe-tripping program, we **only post photos occasionally**. We do our best to share photos from camp; collecting and reviewing the thousands of photos taken on our trips takes time. Photos are available depending on how many people have cameras. Your camper spends most of their time on a canoe trip, making sharing current photos from their trips difficult. We wait to post current summer photos on our website and social media channels until the summer ends.

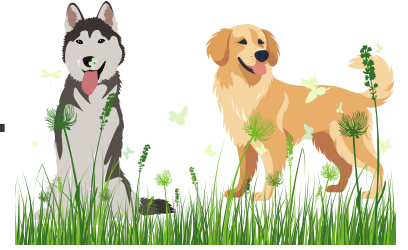
We ask that **parents, guardians, and family members not share photos** from the summer on their social media channels if they contain images of children who are not their own. Follow our social media sites to see more trip photos.  “Keewaydin: Wilderness Canoe Trips for Boys and Girls” on Facebook and “keewaydincamp\_temagami” on Instagram. 

We are invested in maintaining the positive image of Keewaydin in postings and images on the internet. For this reason, we need all campers to screen their photos and postings to ensure appropriateness before putting them online. We thank families for their support with this. To protect the privacy of our campers and the reputation of Keewaydin, we ask that parents and campers adhere to the following policies regarding the use of photos on personal websites:

- Do not use the Keewaydin logo on your website or social media.
- Do not post pictures of campers without their consent and willingly take down any photo if asked.
- Do not post any photo that might jeopardize the reputation and good name of Keewaydin.

Your camp application includes a photo and video waiver. Signing this waiver allows Keewaydin to use photos and videos of your camper(s) taken at camp for internal and external uses. If you do not wish for your camper to appear in photos or video, please indicate so.

# FYI



## Swim Tests at Keewaydin

We love the water!

At Keewaydin, ensuring every camper's safety is our top priority. We use the Swim to Survive model to assess each camper's swimming ability. This model requires the camper to roll into deep water, tread water for 1 minute, and swim for 50 meters. Please note that we do not offer swimming lessons, but we provide ample opportunities for campers to have fun in the water. If you have any concerns about your child's ability to pass the swim test, please don't hesitate to contact the camp director.

Campers attending 6-weeks in Winisk or Waubeno or our first 3-week session in Manitou or Songadeewin, they will have the opportunity to putting their swimming skills to work during Midseason in our fun and light hearted swimming events.

## Celebrating Birthdays at Camp

At camp, birthdays are a special occasion for both campers and staff members. Our kitchen team prepares delicious and unique desserts for campers while they're at basecamp, and staff leaders have a surprise treat in store for the celebrant during their canoe trips.

## Fishing at Keewaydin

We invite campers to explore their fishing skills or learn new ones. Fishing licenses for campers are obtained in June. We recommend that most campers bring a small rod and a small hard case for lures. However, please avoid sending valuable rods, family heirlooms, or expensive lures. Campers are canoeing in prime fishing areas- Let's have some fun fishing! See packing list for recommendations.

## Dogs and Other Pets at Camp

Our camp is home to some friendly, family-oriented dogs! These fluffy companions are always ready to see campers off at the dock. We kindly ask that campers show our pets respect, kindness, and care. While the pet owners are ultimately responsible for their animals, we request that our camp community follow some simple guidelines to ensure the safety of our pets and prevent any unintended harm to anyone. We will share these guidelines with our campers in the first few days of camp. ★ We ask that visitors to the island do not bring their dogs.

# Our Trip Staff

95% OF OUR STAFF ARE FORMER CAMPERS!



Trip Staff are Keewaydin's greatest asset and share a passion for wilderness canoe tripping. Knowledgeable in the ways of the North Woods, lakes, and rivers, they are the heart of the Keewaydin experience. Our leaders are college students, graduates, teachers, and working professionals. With an average of eight years of experience canoe-tripping, our staff leaders continually inspire growth, maturity, curiosity, and strength, enabling Keewaydin campers to build lifelong skills.

## Staff, Guide, and Assistants

Each group is led by the Staff, the trip staff's senior member. They are responsible for every group member's safety and well-being and make all decisions regarding their welfare. The Guide, who assists the staff, is the second in charge and oversees all trip preparations. In addition, the guide plans the route, sets the pace, and is responsible for establishing camp, cooking, and taking care of the trip equipment. The trip staff involve campers with all these activities as their age and interest permit. In younger groups the staff and guide are assisted by up to three assistants to help with camp site chores and provide additional support, mentorship, fun, teaching, and supervision.

## Staff Training

Staff training focuses on the tools trip leaders need to be successful. All trip leaders complete the 80 hour Wilderness First Responder medical course, the eight hour Wilderness Water Safety course as well as training in leadership, social and emotional well-being of kids, and canoe/equipment repair. The leadership training is specifically focused on building skills and self-esteem in the campers. The staff arrive at camp 2-3 weeks before campers to complete these courses.



# Wigwams and Sections

## Assigning Campers to Sections and Placements at Keewaydin

When placing campers, the Camp Director takes numerous factors into account, including age, maturity level, prior experience, staff feedback (if available), and the attributes of other campers. While parents and guardians can request a specific section or a spot next to a particular camper, these requests may not always be feasible, as other factors are considered.

## Here are the basecamp wigwams and sections available at Keewaydin:

- **Manitou Wigwam:** For three-week or six-week campers between the ages of 10 and 13.
  - Sections: Mattawa, Abitibi, Gowganda, Metachewan
- **Waubeno Wigwam:** For six-week campers aged 13-15.
  - Sections: X, Y, Z
- **Songadeewin Wigwam:** For three-week or six-week campers between the ages of 10 and 13.
  - Sections: Kokomis, Kipawa, Makobe
- **Winisk Wigwam:** For six-week campers aged 13-15.
  - Winisk: Q, R

## Moving Up the Ranks at Keewaydin

For those looking to advance their camping experience, Keewaydin offers several opportunities to move up the ranks. All of these sections return to Temagami at the end of the camp season for the final paddle-in day.

- **Evans Outpost:** This outpost cabin is based in Kawaweogama Lake, Ontario, and is accessible via train. Campers who have completed a summer in Winisk or Waubeno can move to Evans Outpost. The Outpost sections provide a whole summer of adventure, learning to paddle moving water, gaining further independence, and exploring the extraordinary beauty of the Wabakimi Provincial Park region. Outpost sections use the cabin as their base and resupply between trips.
- **Temagami Wigwam:**
  - Section B and Section 2 are 6-week-long canoe trips. Campers will explore more remote regions of Quebec, Labrador, or Ontario. These canoe trips are for campers who have had at least one summer at the Evans Outpost and are ready for a more rigorous canoe trip, with up and down river travel.
  - Section 1 and Section A are seven-week-long canoe trips to the Hudson Bay. This is the final trip for Keewaydin campers. Campers pull together and meet the challenges of our most northern canoe trip, exploring a tiaga landscape, and wild rivers of the north.



# Ojibway Family Lodge



Ojibway Family Lodge is a rustic resort located on the north end of Devil's Island in Lake Temagami. Nestled in the Northwest Arm of Lake Temagami, Ojibway features a relaxing atmosphere, relics of the old North, and warm hospitality. Lodging in camp-style cabins with amenities allows you to relish in our Island's rustic elegance. Delicious meals are served family style in a dining room over the lake with breathtaking views. A cozy common lodge provides social space for casual gatherings, board games, and cards.

Pack your bags and join the adventure! You're more than welcome to visit your camper during our Midseason or Endseason festivities.

## **Lodging:**

A variety of accommodations are available at Ojibway: 1 and 2-bedroom cabins with bathrooms, sleep cabins, platform tents and Ojibway lodge rooms. If all the cabins at Ojibway are booked for Midseason, we are able to offer accommodation in the 5th Avenue platform tents at Keewaydin.

## **Meals:**

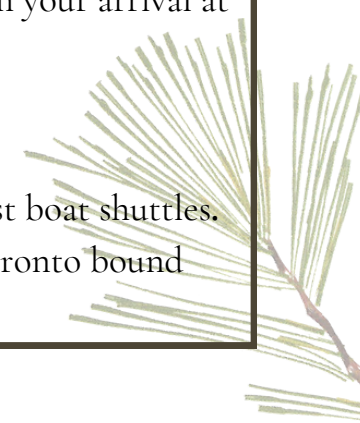
All meals are served family style in the Ojibway dining room, and we are happy to cater to vegetarian, vegan, and gluten-free diets, with advance notice. Breakfast is served at 8:00 am, lunch at 12:30 pm, and dinner at 6:00 pm. Coffee is available before breakfast for those who want to enjoy the tranquility of Lake Temagami in the early morning.

## **Arrival:**

Boat travel is required to reach Devil's Island. Keewaydin will schedule boat shuttles to Devil's Island for the afternoon. Registered guests will receive information about boat shuttles prior to travel dates. At that time, you may register for a time that coordinates with your arrival at Temagami Access Road Parking and docks.

## **Departure:**

Campers traveling by bus to the Toronto airport will be scheduled on the first boat shuttles. Ojibway guests and their campers will be shuttled down the lake once the Toronto bound campers are gone, usually sometime after 7:30 am.





## Midseason: July 16-20

Midseason is a three-day event that marks the midpoint of the summer for 1st session and six-week campers canoeing out of base camp. There are contests where sections work together to demonstrate cooking and camping skills. In addition, there are informal individual competitions in swimming and canoeing. Evenings are lively with campfires and a Midseason show where sections perform skits and sing songs with the entire camp. Friends and family can visit and stay at the Ojibway Family Lodge on Devil's Island's north end.

**July 16 - Parents and families arrive** the afternoon before so they can watch their child paddle in from their canoe trip on the following morning. Campers and families **depart on July 20**.

Visit [ojibwayfamilylodge.com](http://ojibwayfamilylodge.com) and click on "Keewaydin" for more info and the "Book Your Stay" form.

Tanya McCubbin, Director of Ojibway, is happy to answer any questions you have.  
[tanya@keewaydin.org](mailto:tanya@keewaydin.org) and 416-548-6137



## Endseason: August 9-12

Before camp closes for the season, all sections are welcomed back to Devil's Island. On paddle-in day, all sections return from their trips, starting with the younger campers in the morning, followed by the Outpost and Temagami wigwam campers in the afternoon. For two days campers participate in friendly competition, ceremony, and a final campfires with songs and stories. It is a festive occasion where the youngest and oldest campers have the opportunity to share their adventures, and spend time with family and friends. Friends and family frequently come for Endseason; reservations should be made at Ojibway Family Lodge well in advance.

**August 9 - Parents and families arrive** the afternoon before so they can watch their child paddle in from their canoe trip on the following morning/day. Campers and families **depart on August 12**.

Visit [ojibwayfamilylodge.com](http://ojibwayfamilylodge.com) and click on Keewaydin for more info and the "Book Your Stay" form.

Tanya McCubbin, Director of Ojibway, is happy to answer any questions you have.  
[tanya@keewaydin.org](mailto:tanya@keewaydin.org) and 416-548-6137

# Maintaining Connections Between Campers & Staff

We always encourage our campers to stay in touch with each other once the summer camp season has ended. If you'd like your camper's phone number shared with fellow campers, we're happy to facilitate that with your permission. Additionally, in September, we'll provide a mailing directory with camper and staff addresses so you can keep in touch.

1. We discourage campers texting, DMing, or emailing staff.
2. When staff wish to communicate with a camper or their family to share camp specific information, we should be copied on the communication.
3. Per our privacy policy, we will not share families' email addresses or phone numbers without the explicit permission of both parties.

## **Social Media Policy**

Campers and staff should not follow each other on social media until the camper is 18 years old.

We are proud to be a screen and technology-free environment while at camp. Once your campers return home, they often seek to stay connected with their trip staff and fellow campers via social media. We invite campers to follow Keewaydin's official social media channels to stay connect to camp.

During staff training, we educate our trip leaders on our social media policy. We strongly encourage staff not to send or accept "friend requests" from campers during or/after the summer. Further, we request that they keep communication with campers limited to in-person conversations during their time in our camp program.

We ask that parents and guardians partner with us in upholding the social media goals once camp concludes. This includes talking with your campers to ensure they use safe social media strategies.

# When Your Camper Bids Farewell to Keewaydin

We hope they regale you with great stories! If you have questions or concerns about their summer, please reach out. We welcome feedback and insight on their experience, and we'll share a feedback survey.

## **Photos from the summer**

We'll continue sharing photos from the summer on SmugMug and our social media channels.

## **Letters from your camper's staff**

Families can expect a letter from your camper's staff at the end of August. For 1st session three-week campers, it is important to understand that their staff leaders will not write the letters until camp ends. This is because they immediately roll into welcoming the 2nd session campers right after the 1st session campers head home. All letters are written once the camp season is complete.

## **Lost and Found**

Items left behind or mail arriving too late will be returned to our winter office in Vermont. Our office manager will mail back lost items. Please label your camper's camp items! Items not labeled will be held for one month and then donated.

## **Camper and staff address directory**

Continue the letter or postcard writing throughout the year! We'll email families and staff a directory - stay in touch!

## **Fall Newsletter**

The Keewaydin Tattler is our newsletter. It is filled with trip reports, stories, and reflections about camp. It is mailed to current families and our alumni community.

## **Camp yearbook, a keepsake filled with camp memories**

We create a yearbook for our campers. We aim to mail it to families in December.

## **Sign up to return!**

Enrollment for the following summer opens July 31, 2024. The early bird discount of \$250 ends November first.

Word of mouth is our best recruiting tool, most campers come to Keewaydin through our current families and alumni. Your camper will be awarded a Keewaydin flag if they bring a family member or friend to camp! Help us connect with new families- host an open house or spread the word and connect a family with Keewaydin's Director.

# 2024 camp schedule

June 21	Section A and Section 1 arrive
June 22	Section A and Section 1 depart
June 28	Regular Season commences at Keewaydin
June 29	Long trip and Outpost campers depart
June 30	Welcoming Campfire
July 1	Basecamp sections paddle-out
July 5	Winisk & Waubeno return
July 6	Songadeewin & Manitou return
July 7	Winisk & Waubeno paddle-out
July 8	Songadeewin & Waubeno paddle-out
July 16	Families arrive for Midseason
July 17-19	Midseason, Basecamp sections return
July 20	First three-weekers depart
July 21	Second three-weekers arrive
July 23	Welcoming Campfire
July 24	Songadeewin & Manitou paddle-out
July 28	Songadeewin & Manitou return
July 31	Songadeewin & Manitou paddle-out Adult trippers arrive
August 1	Adult trippers paddle out
August 6	Adult trippers return
August 7	Adult trippers depart
August 9	Families arrive for Endseason
August 10	Paddle-in Day and Campfires
August 11	Competitions and Campfires
August 12	Campers depart
August 18	Keewaydin closed for the season
August 26	Ojibway closed for the season

