



**“The idea of wilderness needs no defense, it only needs defenders”.** *Edward Abbey*

Do you hear that? It's the sounds footsteps of kids exploring the forests within the North Shore Mountains. It's the “natural” sounds of kids laughing, playing, cooking and learning. Your child is about to have a Forest Camp experience.

Dear Parent and Camper,

Welcome to Vancouver Outdoor School's Forest Camp! It is a 5-day overnight camp in North Vancouver, BC where kids spend their mornings in cooking lessons with Sprouting Chefs, and afternoons learning wilderness and camping skills in the forests and trails of the North Shore. We are providing you a “what to bring list” and “camp plan” to help with your preparation. Looking forward to seeing you there!

### **The Details:**

**Dates:** July 17 – 21, 2017

**Ages:** 8 to 12 (Co-ed)

**Price:** \$589 plus 5% tax per week. Includes 24 hour supervision, accommodation at Camp Capilano, cooking lessons with Sprouting Chefs, food, transportation (during camp) and all programming.

**Locations:** Camp Capilano, Grouse Mountain, Cleveland Dam, Lynn Valley Deep Cove and Stanley Park and Lighthouse Park.

**Drop-off:** Monday July 17, 2017 @ [Camp Capilano](#) @ 9:30am

**Pick-up:** Friday July 21, 2017 @ [Camp Capilano](#) @ 4:00pm

Contact Person – (Primary) Kelly Woods 604.787.6449 & Jeff Willis 604.762.7163

Our Staff – We have seasoned camp instructors who have tremendous experience in teaching and guiding kids in our outdoor classroom. We want the best so we hire the best!

### **Forest Camp Highlights:**

+ 100% focus on connecting kids with our local forests + hike the incredible trails of the North Shore + comfortable cabin accommodation at Camp Capilano + introduction to the basics of camping, ecology, forest conservation and more + 24 hour support and supervision by experienced and skilled instructors + half day cooking lessons with our partner, Sprouting Chefs + participate in a half day environmental project

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### **Vancouver Outdoor School**

PO BOX 56011 1<sup>st</sup> Avenue RPO | [www.vancouveroutdoorschool.com](http://www.vancouveroutdoorschool.com) |

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604-762-7163



### **Core Forest Camp Elements:**

- Hiking + cooking lessons with Sprouting Chefs + wilderness crafts + forest fort building + huckleberry picking + tree identification + forest games + campfires + knots + orienteering + shelter building + swimming + endless days of exploring

Vancouver Outdoor School is working with Sprouting Chefs because we truly believe in the importance of teaching the fundamentals of healthy eating and cooking. At Forest Camp we have tight controls on the sugar, eliminate caffeine, increase personal H2O intake and load up on veggies. Food is the fuel we need to explore and play in the forest.

### **Specific Details for Days @ Forest Camp Plan**

July 17, 2017

- Arrival at Camp Capilano (venue)
- Orientation and meet the camp staff
- Tour of camp, expectations & meet Chef Barb to start Forest Cooking
- Group forest games
- Field Trip - hike Cleveland Dam
- Forest Skill Session - knots & tarps

July 18, 2017

- Field Trip – hike to Lynn Valley
- Forest Skill Session - orienteering
- Evening Field Trip - Ambleside for sunset & ice cream

July 19, 2017

- Field Trip - Quarry Rock, Deep Cove
- Forest Skill Session - paddle boarding, Deep Cove
- Dinner at Deep Cove (BBQ)
- Evening field trip (Ambleside for sunset)

July 20, 2017

- Forest Camp field trip (explore Lighthouse Park)
- Forest skill session (fort building)
- Evening Field Trip - Cypress Sunset & Forest Drive –in

July 21, 2017

- Camp clean up
- Grouse Grind - hike up, spend entire day exploring and coming down in tram
- Pick up from Grouse Mountain Parking Lot (bus will have everyone's belongings)

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## What to Bring:

Miscellaneous - Must Brings		Optional
<ul style="list-style-type: none"> <li>• Small day backpack (for day hikes)</li> <li>• Large bag (to bring and take all your stuff away)</li> <li>• Sleeping bag &amp; Pillow</li> <li>• Headlamp with extra batteries</li> <li>• Bandana</li> <li>• Towel</li> <li>• Sunglasses</li> <li>• Whistle</li> <li>• Reading/writing material</li> <li>• Medication (2 of everything in case of damage or loss of medication during camp)</li> </ul>	<p>All in Travel Size (Bold Must Bring)</p> <ul style="list-style-type: none"> <li>• <b>Comb/Brush</b></li> <li>• <b>Toothbrush &amp; toothpaste</b></li> <li>• <b>Soap</b></li> <li>• <b>Sun Block</b></li> <li>• <b>Bug Repellent</b></li> <li>• <b>Feminine Hygiene Products</b></li> <li>• <b>Eye Care (if required)</b></li> <li>• Aloe Vera Cream</li> <li>• Personal First Aid Kit</li> <li>• Nail Clippers</li> <li>• Moisturizer</li> </ul>	<ul style="list-style-type: none"> <li>• Camera</li> <li>• Go Pro</li> <li>• PFD</li> <li>• Waterproof stuff sacks</li> <li>• Watch</li> <li>• Fishing rod</li> <li>• City clothes for when you are in town</li> <li>• Camp chair</li> <li>• Favourite games</li> </ul>
Clothing - Must Brings		Do Not Bring
<ul style="list-style-type: none"> <li>• Rain Jacket</li> <li>• Warm Jacket/Fleece</li> <li>• 1 pair of hikers</li> <li>• Outdoor sandals with back strap</li> <li>• Underwear</li> <li>• Socks</li> <li>• Shorts</li> <li>• Long pants - <b><u>no jeans</u></b></li> <li>• Long sleeved shirt</li> <li>• T-Shirts</li> <li>• Swimming suit</li> <li>• Sun hat</li> <li>• Toque</li> </ul>		<ul style="list-style-type: none"> <li>• Portable video games</li> <li>• Narcotics</li> <li>• <b>Big bulky clothes</b></li> <li>• Cotton Track Pants</li> <li>• Inappropriate clothing</li> <li>• After Shave</li> <li>• Cologne/Perfume</li> <li>• Make-Up</li> <li>• Hair Dryer <b>or</b> Hair Products</li> <li>• Anything that requires electricity to operate (suggestive or derogatory)</li> </ul>

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