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CAMP

KANDALORE



CAMPER HANDBOOK
2017

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We hope this handbook helps you to prepare for an amazing stay at Camp Kandalore!

WE CAN'T WAIT TO SEE YOU!



Here at Kandalore, we understand that as you get ready to come to Camp for the first time you may be a little nervous and might have a few questions. That's why we created this handbook! We've put together a list of some of the most common questions. Questions about the cabins, the food, the activities and more!

We're working hard to get the Camp ready for you to arrive and we will be SO excited to see you on arrival day!

Now, let's get to those frequently asked questions...



WHY GO TO CAMP?

Kandalore's mission is to help campers know and be themselves. Kandalore is a place where you can try new activities, experience the adventure of canoe tripping, learn new skills and make friends. Kids have been growing up at Kandalore for 70 years. It is a safe environment for you to explore new interests, try new things, and challenge yourself. You are able to step out of your city life, 'unplug' and step into Camp life. We have an amazing staff that will ensure you have an experience of a lifetime!

SLEEPING, EATING AND CAMP LIFE

GIRLS' SECTION

WHERE DO I SLEEP?

When you get to Camp, you'll be shown the cabin that you will share with about 8-10 girls around the same age as you.

DOES MY CABIN HAVE ELECTRICITY?

All cabins in our girls' section have electricity. No matter what cabin you live in though, it's always a good idea to bring a flashlight with extra batteries.

WHERE DOES MY COUNSELLOR SLEEP?

If you're a Prep/Junior, there will be counsellors from your section living in a separate room of your cabin. Inter and Senior Girls have counsellors living in a separate room or sometimes in separate cabins, just across the path.





BOYS' SECTION

WHERE DO I SLEEP?

When you get to Camp, you'll be shown the cabin you'll get to share with other boys your age. If you're a Prep/Junior boy you'll have up to 10 kids in the same cabin. Inter and Senior Boys sleep in 4-person cabins.

DOES MY CABIN HAVE ELECTRICITY?

Most of the Prep/Junior Boys' cabins have electricity. The Inter and Senior Boys' cabins do not. It's always a good idea to bring a flashlight with extra batteries.

WHERE DOES MY COUNSELLOR SLEEP?

Most of our Prep/Junior Boy cabins will have counsellors sleeping in a separate room of the cabin. For Inters and Seniors, your counsellors are in separate cabins, just across the path.



WHAT SECTION WILL I BE IN?

You will be placed into a section based on your age. Each section has between 30 - 40 campers in it and has a girls' side and a boys' side (eg. Prep/Junior Girls and Prep/Junior Boys).

Prep/Juniors	Ages 6 - 11 (If you were born between 2011 - 2006)
Inters	Ages 12 - 13 (If you were born in 2005 or 2004)
Seniors	Ages 14 - 15 (If you were born in 2003 or 2002)
Pathfinder	Age 16 (If you were born in 2001)
Explorer	Age 16 (If you were born in 2001)

You will have one or two counsellors. For campers living in 8 or 10-person cabins you will have two counsellors, and for campers living in 4-person cabins you will have one counsellor. Your counsellor's role is to help you with whatever you need. They wake you up in the morning, eat with you at meals, and hang out with you during free time and at night. They are there for you ANYTIME and for ANYTHING you need from talking to hanging out to playing.

You will find that our staff know Kandalore very well. Most of them have been campers for years and have gone through our Leader-in-Training (LIT) program. We also have staff from all over the world, just like we have campers from all over the world. No matter who your counsellor is you will find them to be a caring person that will always be there for you.

Each section will have a Section Head that is responsible for everyone, campers and staff, in their section. Find out who your section head will be!

Prep/Junior Girls - Louise Connell
Inter Girls - Emily Newton
Senior Girls - Claire Hughson

Prep/Junior Boys - Jamie Moore
Inter Boys - Jacob Roberts
Senior Boys - Aidan Bullen

WHO WILL BE IN MY CABIN?

Your cabin is made up of people who are similar in age to you and who are staying for the same amount of time as you. For example, if you are staying for one week you will be in a cabin with other weekers. You will likely also have a camper from a different country in your cabin. It's cool to get to know people from around the world!

You may request a friend to be in your cabin at Camp. We do our best to put you with your request, but we are not able to guarantee cabin requests. If you have a request, please make sure the Camp Office knows about it by June 1st, 2017.

When we build our cabins we do our best to make sure all cabins have a mix of new and returning campers, and to accommodate requests. This way everyone will feel included and have fun!



IS IT OKAY IF I DON'T KNOW ANYONE?

Absolutely! Every year lots of kids come to Camp without knowing anyone. The great thing about Kandalore is that it is a very welcoming and inclusive environment so whether you know lots of people or you know no one you will feel like part of the group right away.

Your counsellors and Section Heads will know that you are a new camper and they will make sure that you are meeting people and settling in right from the start. We only ask that you be open minded about meeting new people and bring a positive attitude towards Camp.

WHAT DOES ARRIVAL DAY LOOK LIKE?

Arrival Day is a very exciting day because it means Camp has finally arrived! You will arrive between 2pm and 4pm at Camp.

IF YOU ARE COMING ON THE BUS...

If you are arriving on the bus we will meet you at the Loblaw's parking lot in Leaside. Hilary, our Assistant Director of Programs, will be there to meet you! Lots of returning and new campers take the bus up to Camp every summer. It's a really fun way to make Camp start a little bit sooner, and to meet a new friend before you even arrive at Kandalore. There are lots of counsellors on the bus too that will introduce you to new people. Once you get to Camp you'll meet your Section Head and your counsellors and they will show you your cabin where you'll meet all of your cabin mates!

IF YOU ARE DRIVING UP TO CAMP...

If you arrive at Camp by car you'll be met by our smiling Leaders-in-Training in the parking lot. They'll help you carry your luggage down the road, and introduce you to your Section Head. From there you'll meet your counsellors and go get set up in your cabin! There you'll meet your other cabin mates and probably their parents. One of the great things about driving up to Camp is that your parents can help you set up your bunk and get settled in.

IF YOU ARE FLYING OR TAKING THE TRAIN TO CAMP...

If you are coming from further away, we will meet you at the airport or train station. Our staff will be wearing a green Kandalore staff shirt and they will have a sign with your name on it. From there we will drive you up to Camp in either a Coach Canada bus or one of our Camp vehicles. Sometimes we will have to wait at the airport for an hour or two for other campers to arrive. While we wait you can play games with your counsellor, have some food, meet other campers and find out more about Kandalore. Once you get to Camp we'll head to the Camp Office to deposit your money and travel documents for safe keeping while you are at Camp. Then you'll meet your Section Head who will take you to your cabin and introduce you to your counsellors and cabin mates!

After you have settled in we have a few things that need to get done on the first day:

1. A lice check
2. A swim test
3. A tour of Camp if you are new
4. Games with your section to help you meet other campers and counsellors who you'll be spending time with while at Camp.

After everything it will be time to head to bed. First you'll hang out with your cabin mates and counsellors for a while and get to know each other a bit more. Before you know it the day will be over and you'll be ready for your first full day of Camp!

GENERAL QUESTIONS

WHERE DO I GO TO THE BATHROOM?

There are bathrooms located all over Camp, some are composting toilets (no water, no flushing, but don't worry, no smell!); however many are flushable. Bathrooms are specific to the boys' and girls' sections, and are located near the cabins in central, well-lit areas.

WHERE AND WHEN DO I SHOWER?

During your stay, you are bound to pick up a little dirt and will need to take a shower. We have separate shower houses for boys and girls to use during your free time or before breakfast.

- ◆ **Insider's Tip:** Bring a pair of flip-flops to wear in the shower!



LAUNDRY

Since clothes tend to get dirty while you are at Camp, we provide a laundry service for you, once a week. If you're on canoe trip during that time, let your Section Head know and we can arrange an alternate laundry date for you.

WHAT ABOUT LIONS AND TIGERS AND RACCOONS? OH MY...

At Kandalore, we have the privilege of sharing an incredible space with many different types of wildlife (no lions or tigers though!). You'll probably run into some of the smaller critters like chipmunks, rabbits and birds every day. As for other large animals, they tend to avoid places full of people, like camps.

WHERE DO I EAT?

At Camp you'll eat every meal (except a couple of special ones) in our dining hall. At breakfast and dinner you will sit with your cabin mates and counsellor. At lunch you get a chance to sit with other friends or counsellors you have become friends with during your stay.



HOW'S THE FOOD?

Every year we're lucky to have an amazing kitchen staff working around the clock to make our delicious meals! The meals are different every day so you're bound to find a few favourites! Here are some examples of what you can expect to eat:

Breakfast Cereal (hot or cold) and fresh fruit are available every day alongside something hot like bacon & eggs or pancakes!

Lunch Delicious pizza, chicken-caesar pitas, burgers with fries and every day there is a hot soup available for everyone!

Dinner We've got spaghetti, fajitas, stir-fry, souvlaki and so much more great food!

Dessert Every day is something different: from fresh fruit, to cake to popsicles or ice cream!

Breakfast & Salad Bars At breakfast you can visit our breakfast bar for things like yogurt, granola and fresh fruit. At lunch and dinner, visit our salad bar to make yourself a fresh salad to go along with your meal!

- ◆ **Insider's Tip:** If something is served at a meal that you don't like, there are always alternative options. Just ask your counsellor.

WHAT ABOUT THE TUCK SHOP?

Every 3 days, after dinner, you'll get to visit our tuck shop to grab some candy or a snack and to check out all the great Kandalore clothing and gear we offer! The best part is, you don't need to bring any money, tuck gets taken care of for you!



PROGRAMS AND DAILY SCHEDULE

While at Kandalore you'll have a chance to try all of the amazing activities we offer! These activities include:

Arts & Crafts	Leatherworking	Waterslide (K2)
Pottery	Drama	Water Trampoline
Sailing	Wakeboarding	Paddle Boarding
Kayaking	High Ropes	Waterskiing
Archery	Crossbow	Basketball
Rock Climbing	Woodworking	Fishing
Snorkeling	Nature	Giant Swing

And many more...

With so many activities at Camp centered on the water, you'll take swimming lessons every day, and can earn Red Cross & Lifesaving levels.

- ◆ **Insider's Tip:** Pack 2 towels so you always have a dry towel.

Canoeing is a long tradition at Kandalore and you'll have a chance to work towards canoeing awards in daily classes.

Our one week campers will participate in an activity rotation schedule. Chaperoned by a counsellor or Leader-in-Training, those campers who are staying for one week will go around from activity to activity with their cabin group. This will allow our one week campers to be able to take part in a wider range of activities, therefore receiving a more balanced experience. This will also ensure that these campers will be able to attend those activities like High Ropes, Swing and Waterski which tend to fill up more quickly.

For our two and four week campers, there are 6 activity periods each day. Two out of these are for canoeing and swimming. Every evening your counsellor will help you choose the other four activities you want to participate in the following day.

- ◆ **Insider's Tip:** If you try to sign up for a popular activity and it is full, let your Section Head know so that the next time you can get first pick!

WHAT DOES A TYPICAL DAY LOOK LIKE?

MORNING SCHEDULE

- 7:15 to 7:30 Wake up!
Your counsellor will wake you up.
- 7:50 to 8:00 Flag Break
Meet in Centre Camp to start the day with a song or skit.
- 8:00 to 8:45 **Breakfast**
A delicious meal to start the day!
- 8:45 to 9:15 Cabin Clean Up
A quick tidy, then it's off to activities for the morning!
- 9:15 to 10:10 Activity Period 1
Meet in Centre Camp before heading to your activity!
- 10:10 to 11:05 Activity Period 2
Proceed directly to your next activity.
- 11:05 to 12:00 Activity Period 3
Proceed directly to your next activity.
- 12:00 to 12:30 Free Time/Cabin Time
A chance to change into dry clothes, hang out and play some games.
- 12:30 to 1:15 **Lunch**
Time to re-energize because you're barely halfway through the day!

AFTERNOON & EVENING SCHEDULE

- 1:15 to 2:15 Rest Hour
Some time to chill out and get ready for the afternoon.
- 2:15 to 3:10 Activity Period 4
Meet in Centre Camp before heading to your activity!
- 3:10 to 4:05 Activity Period 5
Proceed directly to your next activity.
- 4:05 to 5:00 Activity Period 6
Proceed directly to your next activity.
- 5:00 to 5:45 Activity Time/Supervised Swim
Want to spend some extra time at an activity?
Hang out in Centre Camp? Or maybe go for a swim?
This is your chance!
- 5:45 to 6:30 **Dinner**
Time to talk about your day with your counsellor and cabin mates over a delicious dinner!



7:15 to 8/8:30 **Evening Program**

A big game with your whole section (sometimes the whole Camp!)

8:30 **Lights out / Cabin Time**

Relax, chat with your counsellor, read a book before bed.

LIGHTS OUT

9:00pm Preps / Juniors (ages 6 - 11)

9:30pm Inters (ages 12 and 13)

10:00pm Seniors (ages 14 to 16)

- ◆ **Insider's Tip:** Bring a book that you and your cabin mates can read aloud at bedtime!

WHAT ABOUT SPECIAL EVENING PROGRAMS?

CAMPFIRE

Each 2 week session starts with an All-Camp 'sing out loud at the top of your lungs' campfire! You're invited to present a skit, a sing-a-long song, or a story to share with your fellow campers.



CASINO NIGHT + OTHER EVENING PROGRAMS

Periodically throughout the summer we have a Casino Night. You'll get some Kandalore bucks to spend playing blackjack, roulette, and other carnival-like games as well as a ticket to a One-Night-Only Kandalore Show!

VARIETY NIGHT

Near the end of each 2 week session you can participate in, or simply watch, our variety night put on by your fellow Kandalorians!

CHAPTER FIRE

The last night of Camp at the end of July and August is Chapter Fire. This is your chance to reflect on your Camp experience and present (or just listen to) songs, stories & poems while watching a massive bonfire and canoe ballet on the lake.

ARE THERE ANY SPECIAL DAYS?

ALL CAMP AFTERNOONS

An opportunity for campers and staff to get hilariously dressed up for a fun-filled, themed, All-Camp afternoon game. In past years, appearances have been made by Harry Potter, Hobbits, Avengers and various rock stars! Feel free to bring some dress-up clothes with you to Camp!

SUNDAY MORNINGS

Every Sunday at Camp is a sleep-in and a special morning event. Campers and staff gather at Campfire Circle for a relaxed morning of reflection, poetry, stories, and songs. This is a non-denominational event based on Camp themes such as *friends*, *my favourite things* and *what I love about Camp*.

REGATTA

At the end of each 2 week session, campers and staff participate in a Camp-wide Regatta event.

You will be placed on 1 of 4 teams: Furtraders, Lumbermen, Pioneers, or Voyageurs, and it will be your team for life!

Regatta is a friendly, cheer-filled, action-packed day of competitions like tug-o'-war, an egg toss, a relay race, canoe races, potato sack races, a barbecue, ice cream, and much, much more!



CANOE TRIPS

At Kandalore, we are proud to offer an incredible canoe tripping program. As a camper, you will get the opportunity to go on one of our amazing canoe trips led by our experienced and knowledgeable trip staff!

WHERE WILL I GO AND HOW LONG WILL I BE ON TRIP FOR?

The length and location of your trip is decided by your age and your experience level.

PREP/JUNIORS (ages 6 - 11) Ghost Island Trip. 1 night (ages 6 - 8 and one week campers) Ghost Island is an island on Kandalore's Lake (Kabakwa). You can see the island from Camp! You will canoe across the lake with your cabin mates and counsellors in a big voyageur canoe. You'll cook over a campfire, sleep in tents, and play lots of fun games! Don't worry, there are absolutely no ghosts on the island.

Haliburton Highlands Water Trails. 2 nights (ages 9 - 11) A short bus ride down the road will take our campers to the Leslie Frost Center where they will participate in a 3-day, 2-night flat water canoe trip. You'll cook meals over a fire, play lots of games, and sleep in tents!

Algonquin Park. 2 nights (ages 9 - 11. Month long campers) As a Junior, you may get a chance to go on a flat water canoe trip into beautiful Algonquin Park, a short drive from Kandalore. You'll cook meals over a fire, sleep in tents and play lots of games!

INTERS (Ages 12 - 13) As an Inter, you'll participate in a moving water canoe trip. You will venture away from Camp by bus for a 3 night trip on lakes and/or rivers. These trips are a great introduction to some of the longer canoe tripping we do!

SENIORS (Ages 14 - 16) All of our senior campers participate in a canoe trip ranging from a 5 day flat-water trip to a 5, 7 or 12 day river trip. These trips are typically a little more remote and take 2 to 15 hours to access by bus.

- ◆ **Insider's Tip:** If you are old enough to go on a trip longer than 1 night, it helps to have a dry sack. These are available in the tuck shop and keep all your clothes and gear dry!



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