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CAMP

KANDALORE

CAMPER HANDBOOK 2019



GETTING READY FOR CAMP

INTRODUCTION	1
WHY GO TO CAMP	2
MEET YOUR SECTION HEAD	3
WHO WILL BE IN MY CABIN?	4
WHERE DO I SLEEP?	5
IS IT OKAY IF I DON'T KNOW ANYONE?	6
WHAT DOES ARRIVAL DAY LOOK LIKE?	7
DAILY SCHEDULE	8
PROGRAMS	9
ARE THERE ANY SPECIAL EVENTS?	10
ALL ABOUT FOOD	12
CANOE TRIPS	14
GENERAL QUESTIONS	16
WHAT ABOUT THE TUCK SHOP?	16
BATHROOMS	16
SHOWERS	16
LAUNDRY	17
WHAT ABOUT ANIMALS?	17
MAIL	17



INTRODUCTION

We are so happy to have you as part of the 2019 Kandalore summer community! There are so many amazing experiences ahead! We understand that as you get ready to come to Camp you may feel 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 commonly asked questions. Questions about the cabins, the food, the activities, canoe trip and more!

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

Now, let's get to your questions...



WHY GO TO CAMP?

Kandalore is a place to make friends, try new activities, experience the adventure of canoe tripping, and learn new skills. Kids have been growing up at Kandalore for over 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. Kandalore's mission is to help campers know and be themselves. We have an amazing staff that will ensure you have an experience of a lifetime!

WHAT SECTION WILL I BE IN?

You will be placed into a section based on your age. Each section has between 40-56 campers in it and has a girls' side and a boys' side (eg. Prep/Junior Girls and Prep/Junior Boys).

PJs Ages 6-11

(born between 2013-2008)

Inters Ages 12-13

(born 2007 or 2006)

Seniors Ages 14-16

(born between 2005-2003)





WHO WILL BE IN MY CABIN?

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

When we build our cabin groups 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 the chance to meet new people!

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, 2019.

WHERE DO I SLEEP?

When you get to Camp, you'll be shown the cabin that you will share with campers around the same age as you. PJ and Inter Boys sleep in 8 person cabins, Senior Boys sleep in 4 person cabins. PJ, Inter and Senior Girls sleep in 8-10 person cabins. All of the cabins have bunkbeds. We also have cubbies for storage.

ON TRIP WHO WILL BE IN MY TENT?

There are 4 people per tent. The tent groups will rotate throughout the trip. Generally, PJ and Inter campers go on canoe trip with their in-camp cabin mates.

DOES MY CABIN HAVE ELECTRICITY?

All campers, except Senior Boys have electricity. Senior Boys live on our South Shore which is an incredible part of our property. No matter what cabin you live in though, it's always a good idea to bring a flashlight with extra batteries. Head lamps are the most convenient!

WHERE DOES MY COUNSELLOR SLEEP?

If you're a Prep/Junior or Inter Boy or Girl your counsellors will live in your cabin in a separate room. Senior Girls have counsellors living in a separate room or sometimes in separate cabins, just across the path. Senior Boy counsellors live in a separate cabin near your cabin. Your Section Head will also live close by!



Once you get to camp, you will move in to your cabin and you will meet your counsellor(s)! 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 have the best time at camp. 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 doing really fun activities.

Your counsellor will help you to get to know Kandalore and the daily routines. Most of our counsellors have been campers for years and have gone through our Leadership programs. 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.



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 in no time.

Your Counsellor and Section Head 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 life.

WHAT HAPPENS IF I MISS HOME?

Do not worry - this is a totally normal feeling! You are brave to be leaving home and going on an adventure like this. Typically, the times that you will miss home the most are times when you are not active, such as rest hour and bed time. Generally it will only last a day or so.

If you are worried about missing home, make sure you bring lots of books and games to keep yourself busy during those down times. Your counsellors are going to work hard to introduce you to friends and make sure you're always doing something, so that your chance of missing home are minimized. Remember, missing home happens to lots of campers when they go to camp. The key is staying busy! If you ever want to talk to someone, know that your counsellor and Section Head are always there to help you.



WHAT DOES ARRIVAL DAY LOOK LIKE?

Arrival Day is a very exciting day because it means Camp is starting! 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 Loblaws parking lot in Leaside, Toronto. 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 are arriving at Camp by car you'll be met by our smiling Leaders-in-Training and Director, Janice, 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. 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 green Kandalore staff shirts 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 Kandalore staff, 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, electronics and travel documents for safe keeping. 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 GET SETTLED IN YOUR CABIN...

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

1. Games with your section to help you meet other campers and counsellors who you'll be spending time with while at Camp.
2. A swim test
3. Your first dinner!
4. A tour of Camp if you are new
5. A lice check and meeting with our nurses
6. Super fun evening program with your section

After all of this, 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 activities!



DAILY SCHEDULE

7:30 to 7:45	<u>WAKE UP!</u> : Your counsellor(s) will wake you up and help you get ready for breakfast.
8:00 to 8:45	<u>BREAKFAST</u> : A delicious meal to start the day!
8:45 to 9:15	<u>CABIN CLEAN UP</u> : A quick tidy, then it's off to activities for the morning!
9:15 to 10:10	<u>ACTIVITY PERIOD 1</u> : Meet in Centre Camp before heading to your activity!
10:10 to 11:05	<u>ACTIVITY PERIOD 2</u> : Proceed directly to your next activity.
11:05 to 12:00	<u>ACTIVITY PERIOD 3</u> : Proceed directly to your next activity.
12:00 to 12:30	<u>FREE TIME/CABIN TIME</u> : A chance to change into dry clothes, hang out and play some games.
12:30 to 1:15	<u>LUNCH</u> : Time to re-energize because you're barely halfway through the day!
1:15 to 2:15	<u>REST HOUR</u> : Time to relax in your cabin. This is a good time to play a quiet game, read or write a letter home.
2:15 to 3:10	<u>ACTIVITY PERIOD 4</u> : Meet in Centre Camp before heading to your activity!
3:10 to 4:05	<u>ACTIVITY PERIOD 5</u> : Proceed directly to your next activity.
4:05 to 5:00	<u>ACTIVITY PERIOD 6</u> : Proceed directly to your next activity.
5:00 to 5:45	<u>FREE TIME/SUPERVISED SWIM</u> : Want to spend some extra time at an activity? Hang out in Centre Camp? Or maybe go for a swim?
5:45 to 6:30	<u>DINNER</u> : Time to talk about your day with your counsellor and cabin mates over a delicious dinner!
7:15 to 8/8:30	<u>EVENING PROGRAM</u> : A big game with your whole section (sometimes the whole Camp!)
8:30	<u>LIGHTS OUT/CABIN TIME</u> : Relax, chat with your counsellor, read a book before bed.

LIGHTS OUT

Prep/Juniors (born 2013-2008)	8:30 - 9pm
Inters (born 2007-2006)	9 - 9:30pm
Seniors (born 2005-2003)	10:00pm

*Please note our Prep and Junior ages are a combined section.



PROGRAMS

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

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

2 & 4 WEEK CAMPERS

If you are joining us for 2 weeks or longer, you'll take swimming and canoeing lessons every day. At swimming you can earn Red Cross & Lifesaving levels. At canoeing you will be working towards Ontario Recreational Canoe and Kayak Association (ORCKA) levels. You will do swimming and canoeing with your whole section and you will be placed in smaller groups by skill level.

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. Sign up for activities is rotated between cabins and sections, we make sure that everyone has a chance to sign up for all the activities. If there is an activity you have missed out on because of weather or another reason, please let your counsellor or Section Head know. We will make sure you have the chance to go to that activity during free time before you leave camp.

ONE WEEK CAMPERS

Our one-week campers will participate in an activity rotation schedule chaperoned by a counsellor or Leader-in-Training. This means you will go around from activity to activity with your cabin group. This will allow you one week campers to be able to take part in a wider range of activities, therefore receiving the most balanced experience possible. 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.

ARE THERE ANY SPECIAL EVENTS?

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 sing-a-long song, group cheer, or a story to share with your fellow campers.



ALL CAMP GAMES

This is an opportunity for campers and staff to get hilariously dressed up for a fun-filled, themed, All-Camp game. In past years, appearances have been made by Harry Potter, Hobbits, Disney Characters, Avengers and various rock stars. Feel free to bring some dress-up clothes with you to Camp. Every evening is something new and fun. Special programs are a time when the magic of camp truly comes alive!

SUNDAY MORNINGS

Every other Sunday at Camp is a sleep-in and a special morning event. The day begins with chocolate chip pancakes, whipped cream and fruit for breakfast. Campers and staff then gather at Campfire Circle in costume for a relaxed morning of reflection, poetry, stories, and songs. This is a non-denominational event based on Camp themes such as friendship, Oh, the places you'll go, my favourite things and what I love about Camp.

CASINO NIGHT & CARNIVAL

Each 2 week session throughout the summer we have a Casino Night or Carnival at camp! You'll get some Kanda-bucks to spend playing blackjack, roulette, and other carnival-like games. With over 20 games to choose from there are many chances win and buy prizes like breakfast in bed from your counsellors, throw your counsellor or a director in the lake and many more.... The night is guaranteed to bring a huge smile to your face!



ARE THERE ANY SPECIAL EVENTS?

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! We make sure that you are placed on the same team as your siblings, cousins or any other family connection. You get to eat meals with your team, dress up in your team colours and sign up for the events that you would like to do. 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!

VARIETY NIGHT

At the end of A1 and B1 session we have a variety night at our Campfire Circle. Campers and staff members have the chance to get up on stage and perform a special talent or skill they have been working on over the past two weeks.

CHAPTER FIRE

The last night of Camp at the end of July and August is Chapter Fire. All of the campers and staff gather on Chapter Island. This is your chance to reflect on your Camp experience and present (or just listen to) songs, stories & poems while watching a 20 foot bonfire that is on a neighbouring island called Fire Island and a canoe ballet which is performed with torches by staff on Lake Kabakwa. This is a magical ending to a magical camp experience.





ALL ABOUT FOOD

WHERE DO I EAT?

At Camp you'll eat every meal (except a couple of special ones and on canoe trip) in our Dining Hall. At breakfast and dinner you will sit with your cabin mates and counsellor(s).

HOW'S THE FOOD?

Every year we're lucky to have an amazing kitchen staff working around the clock to make our delicious meals!

Breakfast: Cereal, oatmeal, bagels and fresh fruit are available every day alongside something hot like bacon & eggs or pancakes. On Sundays we have chocolate chip pancakes with whipped cream!

Lunch: Things like delicious pizza, chicken-caesar pitas, burgers with fries and every day there is a hot soup available for everyone and many salad bar options.

Dinner: We've got spaghetti, fajitas, stir-fry, souvlaki and so much more great food including our salad bar options!

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

At Breakfast you can visit our breakfast bar for things like oatmeal, yogurt, bagels, granola and fresh fruit. At lunch and dinner, visit our salad bar to make your self a fresh salad or choose a prepared salad to go along with your meal or enjoy homemade soup!

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





ALL ABOUT FOOD



WHAT DO I EAT ON TRIP?

Food tastes the best on trip! You'll eat delicious, simple meals enjoyed with friends in an incredible setting. We have menus based on what campers tell us they like the most. All of our hot meals are cooked over the fire. Here are a few examples:

Breakfast: Bacon & eggs, chocolate chip pancakes or Paddler's Breakfast (hash browns, cheese, pepperettes & eggs in a wrap)

Lunch: Sandwiches, bagels & cream cheese, chicken wraps, pita & hummus

Dinner: Spaghetti, hamburgers, Mac & Cheese, Chicken Pesto Alfredo, pita pizzas

Desserts & Snacks: S'mores! Cookies, pudding or Tiger Balls. Crunch N Munch, JuJubes, fresh apples, granola bars....



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!

WHEN DO I FIND OUT WHAT TRIP I'M ON?

Within the first 2 days of camp you will find out what trip you are on and where you will be going.

WHEN DO I MEET MY TRIPPER?

Your Tripper will make an announcement at lunch the day before you leave. You will meet them during Period 6 in your cabin to learn all about packing for trip. Your Tripper will answer all your questions about trip. You will see a map with your route. Your Tripper will then teach you how to set up a tent and work on flat water progression down at canoeing.

TYPICAL DAY

The schedule on trip is very different from the schedule in camp. This schedule changes depending on group dynamics, weather, trip length and the age of our campers.

Daily tasks could include:

Setting up camp site	Map reading	Campfire stories
Collecting Firewood	River scouting	Portaging
Building the fire	Paddling	Packing up
Meal prep	Countless fun games	Fun games
Cooking meals	Nature hikes	Camp Fire
Dish washing	Singing songs	S'MORES!

No matter what trip you go on you are going to find wonderful adventure. At Kandalore we support campers to “challenge themselves by degree”. For example, if there is a safe rapid you want to try but might want a staff in your stern, then that is your challenge. If you have always wanted to try setting up a tent, then your tripper or counsellor would be happy to help teach you and you can do it yourself! Map reading, river reading, portaging a canoe...the challenge options are endless.



CANOE TRIPS

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 one-week campers (born 2013-2008) go on an Island Trip for 1 night. The Island is 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!

PREP/JUNIORS 2 weeks or longer (born 2012-2008) go on a flat water canoe trip in Haliburton Highlands Water Trails for 1 night. A short bus ride down the road will take our campers to the Leslie Frost Center where they will participate in a flat water canoe trip. You'll cook meals over a fire, play lots of games, and sleep in tents!

PREP/JUNIORS 2 weeks or longer (born 2009-2008) go on a flat water canoe trip in Haliburton Highlands Water Trails for 2 nights. 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!

JUNIORS 2 weeks or longer (born 2010-2008). As a Junior, you may get a chance to go on a special 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! This trip is organized if we have a cabin of campers who have already participated in our other two Leslie Frost Center trips.

INTERs (born 2007-2006) 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! Inters typically trip on the Madawaska, French and Mattawa rivers.

SENIORS (born 2005-2003) All of our senior campers participate in a canoe trip ranging from a 3, 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. Seniors will fill out a Trip Request Form upon registration to let Camp know which trip they would like to go on. Our 3 day trip is on the Madawaska river, our 5 day trip is on the Magnetawan river, our 7 day trips are on the Petawawa or Magnetawa rivers and our 12 day trips are on the Coulonge, Dumoine or on special occasions, the Missinaibi rivers.



GENERAL CAMP QUESTIONS

WHEN DO I FIND OUT MY REGATTA TEAM?

You will find out what Regatta team you are on within the first 2 days of camp!

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, all tuck gets organized by your parents before you get to camp.

WHERE DO I GO TO THE BATHROOM AT CAMP?

There are bathrooms located all over Camp, some are composting toilets (no water, no flushing); however, many are flushable. Bathrooms are specific to the boys' and girls' sections, and are located near the cabins in central, well-lit areas. Prior to going on trip, your tripper will teach you what to expect regarding bathrooms on trip, as every river and park is different.

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. Campers sometimes bring flip flops and carrying baskets to help bring their shower items to the shower house. There are no showers on trip, but we encourage our campers to go swimming and practice good hygiene while travelling in a remote area.



GENERAL CAMP QUESTIONS

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. Laundry day is every Wednesday!

WHAT ABOUT ANIMALS?

At Kandalore, we have the privilege of sharing an incredible space with wildlife. 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.

We like our cabins to stay nice and clean. We don't want animals coming in because they smell yummy treats. Campers are not allowed to bring outside food into camp or have food sent in care packages. Our counsellors will help you open any care packages at the office and will discard any food items to keep the animals away and keep anyone with allergies safe.

On trip campers are not to bring food of any type. Our staff have gone through training on how to deter animals from coming onto the campsite and how to pack food away safely.

MAIL

Campers can receive regular posted mail and emails which our office staff print daily. Mail is handed out each day at dinner time. If you receive a care package, your Section Head will give you a care package slip which you will take to the office after dinner to receive and open your parcel. A counsellor from your section will be with you to help. We want to keep Kandalore a safe environment for all campers and staff. Food items are not allowed and will be discarded if sent to Camp.

Bring pre-addressed and pre-stamped envelopes to send letters from camp. Not to worry if you don't have stamps, we sell them in the Tuck Shop!