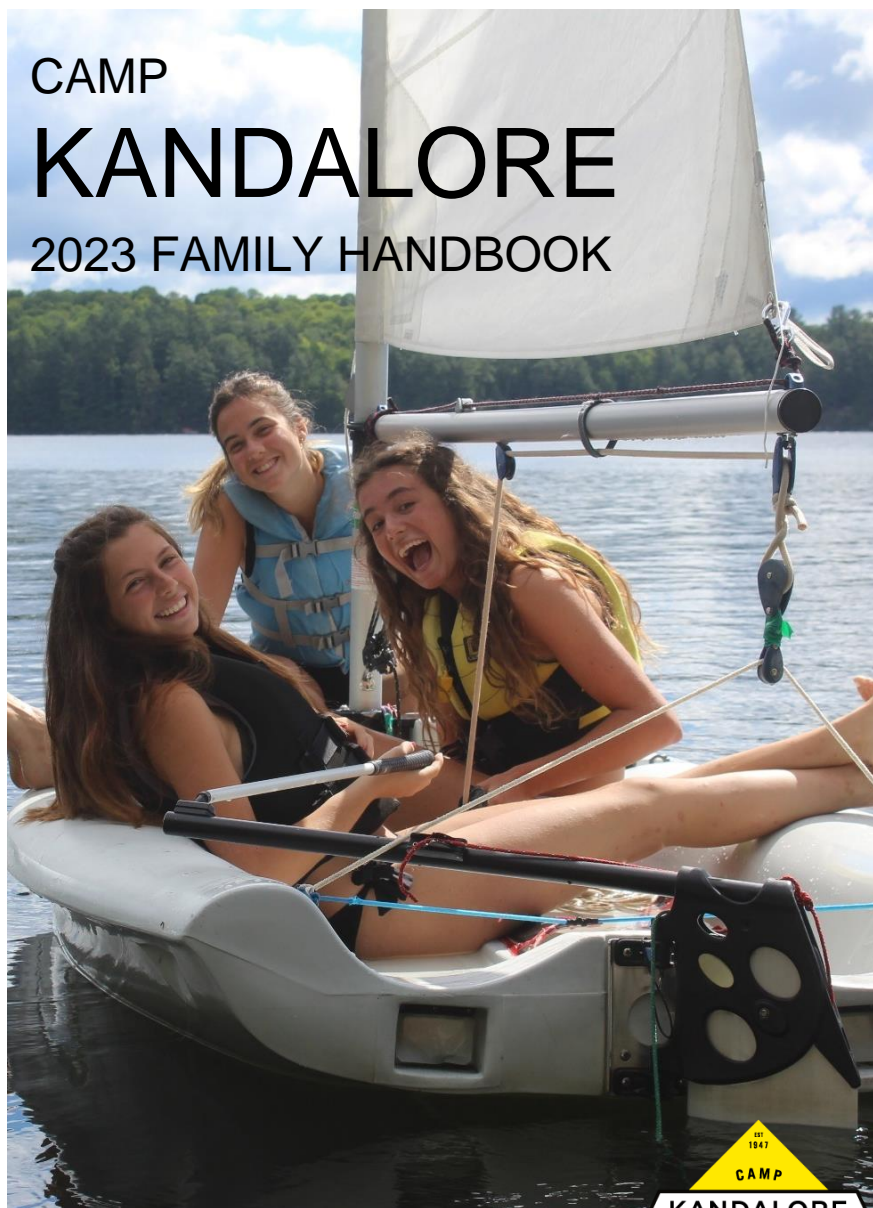


CAMP

KANDALORE

2023 FAMILY HANDBOOK



Land Acknowledgement

Camp Kandalore recognizes that its work takes place on traditional, ancestral land that has been inhabited by Indigenous people for thousands of years. We are located on Treaty 20 territory, known as the Williams Treaties First Nations: Curve Lake, Rama, Hiawatha, Alderville, Scugog Island, Beausoleil and Georgina Island First Nations.

Kandalore canoe trips also travel through many traditional Indigenous territories across the provinces, predominantly through Treaty 9, Nishnawbe Aski Nation.

We respect their past, present, and future generations, the land, and their traditions. We are grateful for the opportunity to gather, learn, and travel on these lands and waterways.





Greetings from Kandalore!

Summer is fast approaching, and preparation is already well underway to make this summer one of the best Kandalore has ever seen! Whether you are a first-time family or a seasoned veteran this handbook contains all the information you will need to prepare your children for Camp this summer.

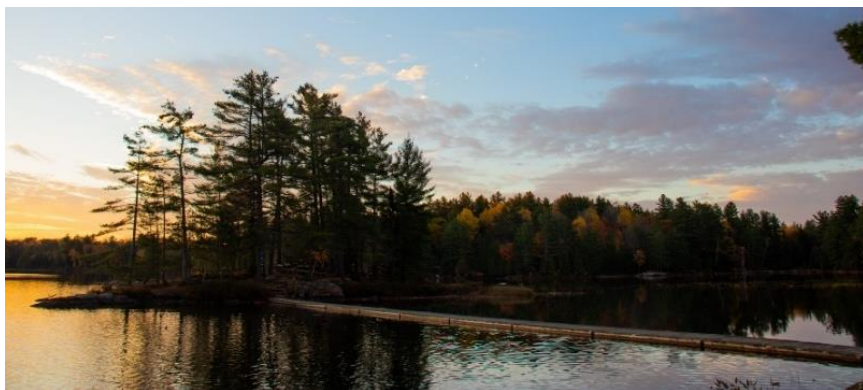
For returning families, please note this handbook includes important updates on policies and procedures for summer 2023.

As always, if you have any questions or concerns, please don't hesitate to contact us! We will be available at our Toronto office right up until mid-June, after which we will all be moving up to Camp for the duration of the summer.

Please note: Families will be sent any applicable policies regarding COVID-19 prior to the summer which may impact our programs as outlined in this handbook.

GETTING READY FOR CAMP

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PREPARING FOR CAMP



PREPARING CAMPERS FOR CAMP

Kandalore provides many activities and adventures for your child's enjoyment. However, at times, campers may miss home. Missing home is a natural occurrence for campers. Our Counsellors are trained to deal with missing home, but there are many ways that you can set your child up for success before they arrive at Camp.

HELPING CAMPERS TO AVOID 'MISSING HOME'

Practice positive reinforcement about their upcoming adventure:

- Speaking positively about Camp by focussing on the fun and adventure they will have.
- Let your child know that they will be missed but are about to embark on a great new experience.
- Review Camp information with your camper and reach out to our team with any questions that are sparked.
- Attend a Family Information Night or set up a time for a call or an online slide show presentation with one of our Directors to have all of your child's questions answered and to get them excited for Camp.
- Provide short stays away from home such as sleepovers with friends or relatives.

We recommend avoiding:

- Discussing how much they will miss friends, activities, or events while away. This can create anxiety about missing out on life back at home.
- Telling your child that they can call home or be picked up at anytime. There are no phones available for camper use, and these kinds of statements establish negative expectations which make it very difficult for your child to thrive at Camp. Campers often have a more difficult time settling in when they have the fall back of leaving early.

If your child knows you are comfortable sending them to Camp, they will feel comfortable going to Camp!

PREPARING FAMILIES FOR CAMP

We are so excited to welcome your child(ren) to Kandalore this summer! It is one of Kandalore's top priorities to maintain communication with our families and keep parents/guardians involved in their camper's experience. We communicate via:

- Regularly updated Facebook and Instagram accounts.
- Our Communication Director contacts new families to check in a week prior to your camper's arrival.
- Section Heads contact our first time families by phone within the first three days of their camper's stay and they contact returning families within the first week of their camper's stay.
- Email updates when your camper(s) depart and return from their canoe trip.

If at any point families would like to receive an update about their camper, please contact us and we would be happy to give you an update on your child(ren). Please note, though we would like to give an instant update, our staff and campers are out in activities and busy with Camp life therefore we strive to respond within 24 hours unless there is an emergency.

Families will be called if their camper is experiencing any behavioural, social or medical concerns while at Camp. Parents/guardians will be informed of any ongoing medical, reoccurring visits to our Health Centre or new prescriptions. Families are notified immediately should a trip to a hospital be required.

COMMUNICATION

There are many ways to stay in touch with your camper.

FAMILY TO CAMPER EMAIL

Our one-way email system is the easiest way to connect with your child. Emails are printed daily at 2:00pm. Campers receive mail during dinner each day.

While we do not currently have a charge added for our email system, there are costs associated with providing this service (paper, toner, sorting time by staff) so we request that parents/guardians be mindful and refrain from sending 1-line notes. Instead, we suggest spending time every few days if you wish to write a few paragraphs.

Instructions and a new link to our email system will be sent prior to Camp. Parents/guardians are able to share this link with friends and other family members if they so choose.

Emails received after 2:00pm on the last full day of each session will not be delivered.

INCOMING MAIL

You may also send letters to your camper(s) while they are at Camp. Since Kandalore is located in a rural area, mail to and from Camp tends to take significantly longer than in major centers. Please address mail to:

(Child's Name and Section)
Camp Kandalore
1143 Kandalore Road
Algonquin Highlands, Ontario
K0M 1J2

OUTGOING MAIL

Campers are welcome to send traditional mail via Canada Post to friends and family. Mail is placed in a mailbox at our main office which is sent out daily.

We ask that parents/guardians send their campers with pre-addressed envelopes with postage so they can write you and/or friends and family back.

WHAT IF I GET AN UNHAPPY LETTER OR MESSAGE FROM MY CHILD WHILE AT CAMP?

Occasionally parents/guardians may receive an unhappy letter from their child that was written during the first few days of Camp. This is not unusual because they are adapting to a new environment. In most cases, by the time you have received the letter, your camper will have adjusted to camp life. Our Counsellors are trained to help campers make this adjustment. However, we realize these types of letters are upsetting. If you receive such a letter, please get in touch with us so we can give you an update on your child. It is just as important for us to hear from parents/guardians as it is for parents/guardians to hear from Kandalore.

Please rest assured that if your child is facing any challenges adjusting to camp life, a Director or their Section Head will be in touch with you to give you an update and to problem solve any issue with you.

CARE PACKAGES

Receiving a package at Camp can be comforting and exciting for campers of all ages. However, due to allergies and overall camper safety, we request that you do not send food. All care packages will be opened in the presence of a staff member and food will be discarded. To prevent your child from being disappointed by the discarding of food, we appreciate your support with this policy.

Packages are handed out once per week; we will deliver packages within the first half and the second half of each two week session. We recommend limiting packages to a maximum of two per camper due to our tripping program.

Some fun ideas for care packages include:

- Mad Libs
- Bubbles
- Temporary Tattoos
- Magazines
- Nail Polish
- Journal
- Deck of Cards
- Travel Sized Game
- Books
- Stickers
- Chapstick
- Bracelet Kit
- Glow Sticks
- Fun Pens
- Sports balls

HELPFUL TIPS:

- Please follow our guidelines for avoiding missing home when writing to your camper.
- If you are dropping off your child at Camp, you may wish to leave letters and packages for them at drop-off.
- Please do not mail any items later than 4 business days until the end of Camp and we recommend confirming the approximate delivery time.
- We do not receive mail on weekends.
- Please note, campers will not receive mail while on canoe trip.
- Campers do not have access to the internet while at Camp and therefore cannot respond by email.
- **We cannot guarantee that dated mail will be delivered on a specific date.**

Mail and care packages received after the end of a session will be returned to sender.

TELEPHONES

Campers are not permitted to place or receive phone calls. The Camp phone number is (705) 489-2419 and is answered during business hours from 9am-5pm. After hours, an emergency number will be indicated on the Camp Office's answering machine. Should you require information regarding your child, you may contact the Camp at the number listed above, or by e-mail at camp@kandalore.com. We will have your child's Section Head or a Director return your call or e-mail within 24 hours. Please allow our staff time to gather the information you are requesting.

FORMS

All our forms are available through your online account via our website: www.kandalore.com. Forms are available online and through our family portal as of April 3rd, 2023. Please complete and submit all forms by June 1st, 2023.

1. CAMPER MEDICAL FORM

The more information we have about your child, the better equipped we will be to handle any situation that may arise. All severe allergies must be written within the camper medical form. If there is a change in any medical information prior to Camp, please let the Camp Office know.

2. FAMILY/CAMPER EXPECTATION FORM

This form helps the Kandalore team to better understand campers' needs in our preparation for the summer.

3. TUCK PERMISSION FORM

We require this form in order for your child to be permitted to purchase any clothing (including regatta t-shirts/hats) at Camp.

4. CAMP POLICIES FORM

We ask parents/guardians and campers to review this form which highlights behavioural expectations and our inclusion policy.

5. SENIOR TRIP FORM

This form is required for campers registered in our Senior section, upon registration.

6. FLIGHT DETAILS FORM

This form is only for campers arriving and departing from Pearson International Airport in Toronto. Please arrange flights to arrive between 11:00am and 6:00pm. If this is not possible, please contact us to arrange personal transportation to camp.

ARRIVAL/DEPARTURE DAY TRANSPORTATION INFORMATION

At Kandalore we provide you with a variety of options for getting to Camp. Please note the arrival and departure times listed on the following page so we can provide smooth arrival and departures for our families.

PRE-ARRIVAL:

Families may be required to follow additional pre-arrival guidelines set forth in a COVID-19 addendum. Please contact the Camp office if you have any concerns.

Please screen your child for COVID-19 symptoms and keep your child at home if they are experiencing symptoms such as fever, vomiting, diarrhea and contact the Camp office.

BY CAR:

Arrival and departure days are a very busy time at Kandalore. On Arrival Day, families will park in our parking lot and will be greeted by our LITs (Leaders in Training), counsellors, Section Heads, and our Director Team. Our staff will assist campers with bringing their bags to their cabins. Families will have time for goodbyes and to speak with our nurses in the parking lot. We do find campers settle in better when parents/guardians minimize their time at Camp.

Our Camp nurses will be available to collect and discuss camper medication and medical issues.

On Departure Day, your camper will be playing a game or spending time with their section waiting for your arrival. A staff member will ask you for your camper's name as you drive in and will notify their Section Head of your arrival by walkie talkie. Your camper will then meet you at our Camp parking lot. Camper gear is transported by hand or truck to the Parking Lot and placed in labeled piles by camper section. Please double check the label on your camper's bag to make sure it is yours.

If someone other than the primary parents/guardians are picking up your camper from either Camp or the bus pick up location, the Camp office must be provided with written permission.

BUS PICK UP & DROP OFF

The Kandalore bus drop off and pick up location is the parking lot between Toronto City Church and Toronto City Sports Centre at [36 Curity Avenue, Toronto, Ontario, M4B 0A2](#). When entering the parking lot, look for the black and yellow Kandalore tent and staff members in green shirts. Our Assistant Director, Carly and supporting staff members will be at the bus. Once you arrive, please see the staff who will let you know where to load your luggage. You may leave packages and medication with Carly to transport to Camp.

On Departure Day, the Camp bus will return to the parking lot between Toronto City Church and Toronto City Sports Centre at [36 Curity Avenue, Toronto, Ontario, M4B 0A2](#). Luggage is removed from under the bus by staff and campers are to be signed out with Carly or a designated staff member. As all luggage gets unloaded at once, it can take a bit of time to find all your camper's belongings. Please make sure to ask them what they loaded on the bus and to double check the name tags on your bags to make sure they are yours.

We highly recommend all items coming to Camp are well labelled and in particular, all items coming on the bus as bags, paddles and other items can become separated during travel.

AIRPORT DROP OFF & PICK UP

Campers arriving to and departing from Toronto by airplane will be met and escorted to and from Camp on a chartered bus or in a Camp vehicle. Any alternative arrangements must be made at least one month in advance. We strongly encourage all campers travelling without an adult to be registered as an 'unaccompanied minor' for their flight.

Flights must be booked through Pearson Airport (YYZ) between 11am-6pm.

Copies of plane tickets **MUST** be given to the Camp Office when arranging transportation. Campers must deposit their tickets, identification, electronics, and any money at the Camp office for safe keeping upon their arrival at Camp.

TRANSPORTATION OVERVIEW

	LOCATION	ARRIVAL	DEPARTURE
CAR	1143 Kandalore Road, Algonquin Highlands, Ontario, K0M 1J2	Please arrive at Camp between 2:00pm – 4:00pm	Please pick up between 9:00am – 11:00am
BUS	36 Curity Ave, East York, Toronto, Ontario, M4B 0A2	Please arrive at 12:30pm Bus Departs at 1:00pm	Buses arrive in Toronto between 11:30am – 12:00pm
AIRPORT	Pearson International Airport	Flights must arrive in Toronto between 11:00am – 6:00pm	Flights must depart from Toronto between 11:00am – 6:00pm

VISITING YOUR CAMPER

Parents/guardians of Leaders and 4 week campers are welcome to reach out to the Kandalore office at anytime to discuss the opportunity of visiting once during their stay. Parents/guardians of 1 week and 2 week campers are not permitted to visit.



DRIVING DIRECTIONS TO KANDALORE

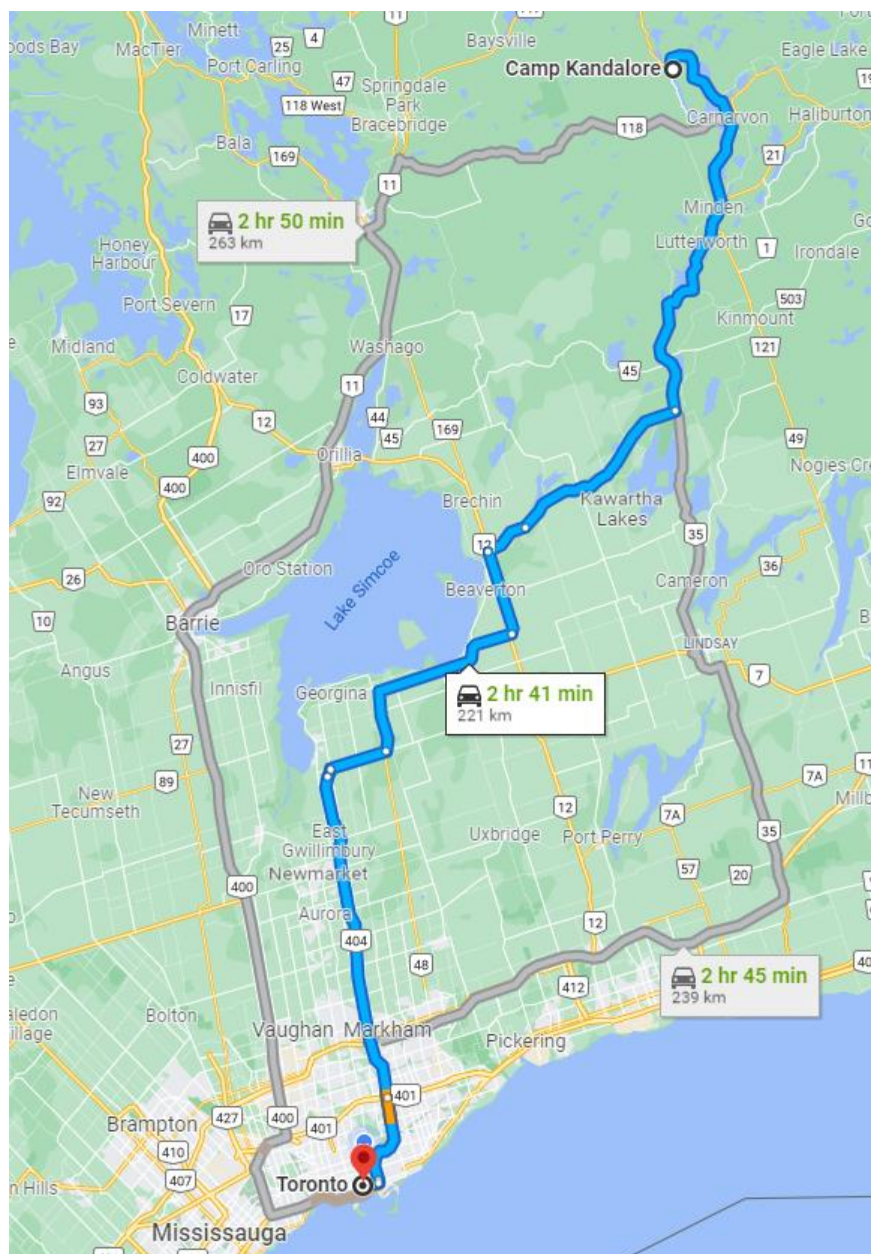
FROM TORONTO-WEST

- Travel north on highway 400/11 to Bracebridge
- Take the highway 118 Exit and travel East on Highway 118 to Carnarvon and the highway 118/ highway 35 junction (approx. 55 kms)
- Turn left (north) onto Highway 35 and travel approx. 15 kms until you see Camp Kandalore on your LEFT. It is on a bend in the road, so you need to slow down when approaching the bend and look for a small GREEN street sign.
- You've made it! If you get to the FIREHOUSE RESTAURANT (18860 Highway #35, now closed), or just over the Kushog bridge, to OX NARROWS LODGE (3538 Kushog Lake Road) you have traveled 1 km too far north.

FROM TORONTO-EAST

- Travel north on Highway 404 to the Green Lake Exit (highway ends)
- Turn right on Green Lane and then left at the first lights onto Woodbine Ave
- Travel North on Woodbine until you reach the Ravenshoe Road stoplights
- Turn right on Ravenshoe Road and travel EAST until you reach Highway 48
- Turn left (north) onto highway 48 and travel until the junction of Highway 48/12 (approx. 35 kms)
- Turn left (north) on 48/12 and travel north until highway 48 & 12 split (approx. 13 kms)
- Turn right (east) at the split and continue on highway 48 to Coboconk at the junction of Highway 48 and highway 35 (approx. 35 kms)
- Turn north onto Highway 35 and travel North (approx. 62 kms) until you see CAMP KANDALORE ROAD on your LEFT. It is on a bend in the road, so you need to slow down when approaching the bend and look for a small GREEN street sign.
- You've made it! If you get to the FIREHOUSE RESTAURANT (18860 Highway #35, now closed), or just over the Kushog bridge, to OX NARROWS LODGE (3538 Kushog Lake Road) you have traveled 1 km too far north.

DRIVING DIRECTIONS TO KANDALORE



CAMP LIFE



HEALTH CARE

The Kandalore Health Centre

Kandalore has a doctor and four nurses living on site throughout the summer. We are 20 minutes from the closest hospital (Minden) and 30 minutes from two major hospitals in Haliburton and Huntsville. If at any time your camper should experience any health concerns at Camp, you will be contacted by the Camp office as soon as possible. It may take upwards of 24 hours for more minor updates to be provided and all urgent matters will be communicated as soon as possible.

All of our counsellors, program and tripping staff are first aid trained and first aid kits are provided throughout Camp and on trip so that our team is equipped to swiftly respond to medical concerns.

Clinic Hours

Our health centre holds four clinic hours every day, one clinic after each meal and one clinic for nighttime medication before bed. Clinic hours work just like a clinic at home might – campers can visit the health team to address any health concerns. Our health team is also available outside of clinic hours for any urgent matters.

Common Concerns

While our campers are out having fun, we always expect to see a few bumps and bruises along the way, and our team works to mitigate all health concerns. We are equipped to address issues such as lice, ticks, twisted ankles, cuts, scrapes, bruises, and many other minor injuries and illnesses. Our team refers health concerns to the appropriate health service (i.e., hospital, dentist, etc.) as needed.

Health Support

Your camper's health is our top priority. We highly encourage families to contact the Camp office to discuss the physical, mental and/or emotional health of your camper(s) prior to the summer so that we are prepared to welcome your camper with appropriate supports. Families will also be required to complete a medical form prior to the summer, which we encourage to be as detailed as possible for our health team.

Medication from Home

Medicine from home must be brought to Camp in its original packaging in a clearly marked container with full name, section, session, dose and dose time(s). All medication is turned in to our health centre team so that we can track medication administration and to ensure camper safety.

If your child requires an EpiPen, please provide two non-expired EpiPens; one for your child to carry with them and one to keep with the health centre.

Our health centre is stocked with many over the counter medications (e.g. ibuprofen, dimenhydrinate, acetaminophen). Campers that arrive with their own over the counter medication will be required to store it in our health centre for safekeeping.



LAUNDRY & TUCK SHOP

LAUNDRY SERVICE

Campers' clothes are laundered once per week on Sundays at a commercial laundromat. Please make sure to affix name tags to your camper's clothing to ensure there is no mix up, as laundry is done by cabin group. Please understand that due to the timing of canoe trips, campers may sometimes miss their scheduled laundry day. Check out www.mabelslabels.com for great custom label stickers.

THE TUCK SHOP

Campers visit the tuck shop every 3 days.

Kandalore clothing, such as t-shirts, sweatshirts, hats, backpacks, etc. are available for purchase either by pre-order online before June 1st, or from the Tuck Shop at Camp. Please note, to ensure your clothing size of choice, please pre-order through our online store.

A completed Tuck Permission Form must be on file in order for your child to purchase clothing items at the Tuck Shop. Purchases will be charged to your credit card on file following your camper's stay. Miscellaneous expenses (ex: prescriptions, etc.) will be charged in September.

The Tuck Shop also sells items such as dry bags, hats and water bottles which are required for canoe trips. Campers will pack the day before trip. If they are missing any of these required items for trip, they will visit the Tuck Shop and we will charge your account for these items, as they are key to keeping our campers healthy and safe on trip.

Tuck Shop Snacks

- Campers receive two snacks per visit to the Tuck Shop.
- These snacks are included in your registration fees and therefore no money is required.
- Please do not send your child to Camp with money. If campers have money for the airport, they should deposit it with the Camp Office Staff when they arrive at Kandalore, to be picked up prior to departure.

LOST & FOUND

It is important that parents/guardians affix name tags or write camper's names with indelible ink on all clothing to avoid mix ups at Camp. This also helps us to return items to their owner.

Any items found with labels are given to campers' Section Heads and returned to the camper. All lost and found is laundered before the end of Camp. Two days before the end of each session we have a 'Lost & Found' presentation at lunch for all campers. Items without labels are held up and shown to all of the sections and given back to campers. Any unclaimed items without labels are then placed on clothing lines beside our Centre Camp so campers have an opportunity to walk by and see if anything belongs to them.

We bring all lost and found items to our Toronto office at the end of the summer. Parents/guardians will be contacted by email regarding any named items. Please note that any items which are not claimed by September 30th will be donated.

We highly recommend that campers do not come to Camp with items that are irreplaceable or hold significant value.



DAILY SCHEDULE



7:30 - 7:45	Wake up
8:00 - 8:45	Breakfast
8:45 - 9:15	Cabin Clean up
9:15 - 10:10	Activity Period 1
10:10 - 11:05	Activity Period 2
11:05 - 12:00	Activity Period 3
12:00 - 12:30	Free Time/Cabin Time
12:30 - 1:15	Lunch
1:15 - 2:15	Rest Hour
2:15 - 3:10	Activity Period 4
3:10 - 4:05	Activity Period 5
4:05 - 5:00	Activity Period 6
5:00 - 5:45	Free Time
5:45 - 6:30	Dinner (& Activity Sign up)
7:15 - 8:30	Evening Program
8:30 - 9:00	Snack/Sign Up
9:00 - 10:00	Cabin Time

LIGHTS OUT

PJs (born 2017-2012) 8:30pm-9:00pm

Inters (born 2010-2011) 9:00pm-9:30pm

Seniors (born 2007-2009) 10:30pm

PROGRAMS



SWIM & CANOE PROGRAMS

SWIM PROGRAM

We offer daily swimming lessons to all of our campers joining us for two weeks or more. Campers are sorted into classes based on their current swim level provided by parents/guardians on the Family/Camper Expectation Form before the summer, along with their ability to complete a swim test at Camp. If there is a discrepancy between the level provided and the swim test at the beginning of the session, Kandalore will call the parent/guardian to confirm the changes.

Our swimming instructors teach Lifesaving Society swim levels and Lifesaving Society Emergency First Aid, Bronze Medallion and Bronze Cross lifeguarding certifications.

Please note that if your camper is at Camp for two weeks or attends for a month and goes on a 7-12-day canoe trip, we will work with them on skills to achieve these levels, but they may not be able to complete a full level while at camp.

Campers do swimming lessons with their section and are broken into smaller groups based on skill level.

CANOE PROGRAM

As a long-standing Kandalore tradition, we offer daily canoeing lessons to all of our campers joining us for two weeks or more. Campers are taught how to flat water paddle and advance their skills in small classes, while working to achieve Ontario Recreational Canoe and Kayak Association (ORCKA) levels. Many of our staff are ORCKA Instructors and help campers not only learn the fundamentals of tandem and solo canoeing, but they also help prepare them to paddle on their canoe trips. Campers do canoeing lessons with their section and are broken into smaller groups based on skill level.

CANOE TRIP

Canoe tripping is a key component of Kandalore's culture and experience and all of our campers go on a canoe trip during their stay. Canoe trips provide opportunities for campers to learn practical canoeing and outdoor skills, as well as team work and leadership skills. Campers also become more independent and gain a greater appreciation of the outdoors. Inherent in our tripping program are risks that are managed by our staff through their training and judgement.

Great care is taken to prepare our campers for their trip. Our trippers and staff meet with their campers in the days leading up to their trip to go over the route, menu and packing requirements. On trip, all campers wear life jackets at all times and helmets are worn in all moving water sections.

All Counsellors have a minimum of a Bronze Cross swimming certification and Emergency First Aid certification. All Trippers have their Bronze Cross, their Wilderness First Responder certification and a Swift Water Rescue Technician certification. All trips carry a satellite phone in case of an emergency. Our longer trips also carry SPOT Satellite devices.

PJ Trips: Page 22

Inter Trips: Page 23

Senior Trips: Page 24

OUR VEHICLES, DRIVERS AND TRANSPORTATION

In most cases, campers are transported to and from their trips by a chartered school bus. We work with Campbell's Bus Lines. On occasion we may transport campers by Camp vehicle.

PREP/JUNIOR CAMPERS

(2012-2017)

ISLAND TRIP (All one week campers go on this trip)

OVERNIGHT

The island is located on Kandalore's lake, Lake Kabakwa. It is within sight of our main dock. Campers canoe across to the island (in our voyageur canoes) and spend the night. They cook dinner and breakfast over a campfire and sleep in tents. These trips are led by Counsellors, and Explorer 2 Leaders. Please note that this is the only trip that does not carry a satellite phone as the island is within calling distance of the Camp.

LINER

2 DAYS

The Liner is a 2-day, 1-night flat-water canoe trip on Lake Kabakwa, Big Hawk, Kushog and/or St. Nora Lake. Campers are driven approximately 3 km from Camp by bus to a put-in on Saskatchewan Lake. These trips are led by the campers' Counsellors and a Tripper Apprentice.

LOOPER

3 DAYS

The Looper is a 3-day, 2-night flat-water canoe trip through Lakes Little Hawk, Big Hawk, Red Pine, Nunikani, Sherbourne, St. Nora, Kushog, Kabakwa and/or Clear Lake. Campers are driven about 3 km from the Camp by bus to a put-in on Saskatchewan Lake. These trips are led by the campers' Counsellors and a Tripper Apprentice.

ALGONQUIN LOOPER

3 DAYS

This is a special trip offered to campers who have done all of the Liner and Looper options. As an alternative to the traditional Looper, campers are transported to Algonquin Park in Camp vehicles or a bus and trip through a pre-determined flat-water route in Algonquin Park. These trips are led by the campers' Counsellors and a Tripper Apprentice.

INTERMEDIATE CAMPERS

(2011-2010)

4 to 5 DAYS

Our Intermediate camper canoe trips are 4 to 5 day canoe trips. All Intermediate camper trips involve travel away from the Camp in buses. Campers are placed on trips based on their cabin group and previous trip experience. Two week campers go on 4 day trips and 4 week campers go on 5 day trips.

These are moving water trips where class 1 – 2 rapids will be run. All rapids have portages if the Tripper decides the rapids are beyond the skill level of the participants. Intermediate trips are led by a Tripper and a Counsellor and are usually on the Mattawa, Madawaska, and French rivers.

Occasionally, for our more experienced Intermediate Campers staying for a month, we will offer a 7 day canoe trip on rivers such as the Spanish River and French River.



SENIOR CAMPERS

(2007-2009)

Our Senior campers have the opportunity to do a 3-5 day paddling clinic or 5, 7 or 9-12 day canoe trip. Campers will be bused out to the rivers. Campers are placed on trips based on their previous trip experience and their river length request. Please note, senior campers will go on trip with their cabin mates.

Our moving water trips are fun and challenging due to their length and the moving water. The rapids we run on these rivers will range from class 1 - 3. These trips are led by a Tripper and a Counsellor. Our 9-12 day option is for campers attending 4 weeks or longer.

Senior 3-5 day Clinics are done on the Madawaska River, 5 day trips are usually done on the Magnetawan River, 7 day trips are done on the Spanish, Noire, Magnetawan or Petawawa rivers, and 9-12 day trips are either on the Coulonge or Dumoine rivers and on special occasions the Missinabi river.

RAPID CLASSIFICATION SYSTEM

All rapids must be scouted by the tripper before being run. Listed below are general descriptions of different classifications of rapids. Though there are higher classes than those indicated below, it is Kandalore's policy to only run rapids of Class 3 or lower.

Class 1: Moving water with a few small waves. Few or no obstructions. Suitable for beginners.

Class 2: Rapids with fast moving water and some obstructions. Clearly identifiable channels with some manoeuvring required and waves capable of splashing into the canoe. Suitable for intermediate paddlers.

Class 3: Rapids with high, irregular waves often capable swamping an open canoe. Passages require complex manoeuvring. Suitable for intermediate and advanced paddlers.

CAMP DATES

Leadership Programs

Explorer 2	June 27 - August 29, 2023
LIT	June 27 - August 29, 2023
Explorer A	June 28 - July 28, 2023
Pathfinder A	June 30 - July 28, 2023
Explorer B	July 30 - August 29, 2023
Pathfinder B	August 1 - August 29, 2023

Camper Programs

July Sessions:

A	June 30 - July 28, 2023
A1	June 30 - July 14, 2023
A2	July 14 - July 28, 2023

August Sessions:

B	August 1 - August 29, 2023
B1	August 1 - August 15, 2023
B2	August 1 - August 15, 2023
Week 1	August 15 - August 22, 2023
Week 2	August 22 - August 29, 2023



CAMP KANDALORE POLICIES



COMMUNITY CODE OF CONDUCT & CAMP POLICY

At Kandalore, we are committed to a caring and supportive environment that develops our campers into effective leaders who can know and be themselves. This means that we are responsive to the needs of children and youth, and the wellness of our community, with a focus on safety and inclusivity.

To ensure that Kandalore continues to be a safe environment for all campers, we ask the families of our campers to review the Community Code of Conduct and our Policies together. It is imperative that these rules and the consequences of their violation be clearly understood.

KANDALORE MISSION AND BELIEFS

Our Mission and Beliefs are the foundation of our Camp culture and all that we do at Kandalore, which allows everyone in our community to feel acceptance and belonging and connected to each other and our natural environment.

At Kandalore we help kids to know and be themselves.

We believe **in authenticity of character.**

We believe **in being an accepting and inclusive environment.**

We believe **challenging our campers develops resilience and independence.**

We believe **our staff members inspire our campers.**

We believe **the outdoors is an ideal environment for kids to have fun and learn.**

PRINCIPLES

The Community Code of Conduct at Kandalore is an agreement we make to care for ourselves, each other, and the environment. In doing this, we follow principles that promote our mission and beliefs, and are the hallmarks (gold nuggets) of Kandalore's culture of respect, participation, and kindness.

Respect

In all of our words and actions, we demonstrate respect for ourselves and for one another. We act with courtesy and consideration towards all. We are respectful of the physical environment in which we live and learn. As members of a diverse community, we respect each other's differences and work together to build an inclusive learning community. We strive to develop a community that values integrity, tolerance, rules, accountability, responsibility, honesty and safety.

Participation

We take responsibility for our actions and hold both ourselves and others accountable to engage in all aspects of camp life. We are also committed to civic responsibility (promoting the common good of the community) and environmental stewardship. We promote citizenship, perseverance, initiative, advocacy and cooperation.

Kindness

We actively recognize the needs of others both within our camp community and beyond it. We support and care for one another in order to sustain a community of compassion. We are friendly, generous, and considerate. We encourage sharing, compassion, empathy, inclusion and building trust.

COMMUNITY CODE OF CONDUCT

As members of the Kandalore community, we commit ourselves to uphold Kandalore's Mission and Beliefs, through a Community Code of Conduct. This includes the following practices:

All Kandalore community members are treated with respect and dignity. In return, they must demonstrate care for themselves, for others, and the environment.

All community members are responsible for following Camp rules, procedures, and positive behaviours. These are shared and learned in the first days of Camp with your cabin and section group (or in staff training).

Violence and physically aggressive behaviour are entirely unacceptable, as are their use in resolving conflict. The possession, use or threatened use of any object to injure another person is equally unacceptable.

Alcohol, tobacco, vaping, cannabis and illegal drugs are addictive and present a health hazard. They are not welcome in the camp environment.

Every person has a right to equal treatment without discrimination because of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, age, gender, sex, sexual orientation, identity, marital status, family status, socioeconomic status or ability.

Campers must accept the responsibility for protecting their rights, and the rights of others.

Camp is a screen free environment.

Examples of expected behaviours include, but are not limited to:

- Compliance with the Code of Conduct;
- Demonstrating principles of kindness, respect and participation;
- Showing proper care and regard for Camp property and the property of others;
- Taking appropriate measures to help those in need;
- Seeking assistance from Camp staff, if necessary, to resolve conflict peacefully;
- Talking to adults at Camp if we need help, feel unsafe, or need medical care;
- Respecting each other's space, privacy, differences, heritage, life experiences, identity, and names; and,
- Be kind to Lake Kabakwa dwellers, the people and rivers, lakes, plants, and animals we meet when travelling on canoe trips.

Examples of inappropriate behaviour include, but are not limited to:

- Using inappropriate or disrespectful language;
- Acts of vandalism or causing damage to Camp or other's property;
- Harassment, bullying or intimidating another person online and or in-person;
- Causing or threatening bodily harm to another person;
- Possessing weapons, including firearms;
- Physically or sexually assaulting another person;
- Committing theft or robbery;
- Possessing explosive substances;
- Posting offensive comments anywhere online;
- Unauthorised presence in another's cabin;
- Intimacy inappropriate to Camp;
- Conduct that damages the moral tone of the Camp or the physical or mental well-being of others;
- Using or possessing alcohol, cannabis or any illicit drugs; and,
- Using or possessing any tobacco or nicotine products or paraphernalia.

REPERCUSSIONS

As a general principle, Kandalore reserves the right to apply a full range of repercussions to any offence committed by a camper. Kandalore recognizes that inappropriate and unacceptable behaviour towards another member of the community requires a serious response. It is the discretion of Kandalore to apply any sanction that is appropriate in the particular circumstances of an offence, including the expulsion of a staff or camper. When exercising its discretion to determine the appropriate consequence to apply to an offence, Kandalore will take into account:

- The seriousness of the offence;
- The intention of the camper; and/or
- The impact of the offence on the Kandalore camp culture.

The Camp reserves the right to dismiss a camper when their behaviour seriously jeopardises the Camp's ability to guarantee the dignity and safety of its campers, represents a breach of the Community Code of Conduct, or involves conduct which is injurious to the camp culture or to the physical or mental well-being of others. In addition to this there may be several paths in response to any offence such as, but not limited to:

- A meeting with camper, counsellor, section director and/or one of the Camp directors.
- A Section Director / Leadership Director might call families to discuss the behaviour.
- A suitable consequence decided by staff. (An example is writing an apology letter)

POLICIES

Kandalore Harassment and Violence Policy

Camp Kandalore is fully committed to respecting and protecting the personal dignity and human rights of our campers, leaders and staff members. Campers, leaders and staff members have a right to enjoy the camping experience and work in an atmosphere that is free of any form of harassment or intimidation. The Camp, staff members, leaders and the campers all share a responsibility for ensuring that such an environment exists at all times. To this end, Camp Kandalore will take steps to prevent discrimination, harassment and violence wherever possible and to investigate incidents and complaints of these actions where they arise.

Harassment

Harassment includes words, acts or gestures of a malicious, hateful, abusive or irritating nature, or the like, with regard to a person or group of persons that is known, or ought reasonably to be known, to be unwelcome. Harassment can take many forms but often involves conduct, comment or display that is insulting, intimidating, humiliating, hurtful, demeaning, belittling, malicious, degrading, or otherwise causes offence, discomfort, or personal humiliation or embarrassment to a person or group of persons.

Harassment also includes, without limitation, what is commonly referred to as bullying and the use of vexatious words, acts and gestures against a person or group of persons on the basis of any of the following:

Academic ability	Disability/handicap	Language
Physical Appearance	Political convictions	Ethnic or national origin
Race	Religion	Age
Civil status	Gender	Colour
Sexual orientation		

Harassment can be a single incident or a series of incidents. Campers, Leaders or staff members found in violation of any of the above will be liable for:

- A formal apology;
- A re-affirmation of the commitment to the Camp (suspension); or
- Expulsion; at the Director’s discretion depending on the nature of the harassment.

In addition to any sanction imposed by the Camp, staff members who engage in harassment could face sanctions imposed under the Ontario Human Rights Code.

Violence

Violence is defined as the use of physical force to injure somebody. Campers, leaders, or staff members found to have been violent will be liable for:

- A formal apology
- A re-affirmation of the commitment to the Camp (suspension)
- Expulsion; in the Director’s discretion depending on the nature of the violence.

In addition to any sanction imposed by the Camp, staff who engage in violence could face sanctions imposed under the Ontario Human Rights Code.

Under this policy, discrimination, harassment, and violence will not be tolerated from anyone, including other staff, leaders, campers, parents, guests, vendors/suppliers or domestic partners who enter the camping and working environment.

Gender Inclusion Policy

Kandalore's approach to gender inclusion is informed by our mission and beliefs. Kandalore welcomes campers and staff from all gender identities and expressions which includes but is not limited to – cisgender, transgender, nonbinary, agender and genderqueer. As a Camp, we seek to promote equity and foster inclusion by providing the support needed to help our LGBTQ2S+ campers and staff thrive while at Kandalore.

To that end, we are committed to working with campers, their families, and staff to understand their needs and to providing the necessary training to our staff team.

Alcohol, Drug, Cannabis and Tobacco Policy

Alcohol, Drugs, and Cannabis

The use, possession or clearly being under the influence of alcohol, cannabis or any illicit drugs by any camper is prohibited. The non-medical use of narcotics and any other drug is prohibited.

Campers who are in the presence of other campers who are not complying with the drug and alcohol policy will face consequences at the discretion of the director. Any camper found to break these regulations will be dismissed.

No refund of any portion of unused Camp fees will be given.

Tobacco and Tobacco Related Products

Campers are prohibited from the use of tobacco products (including cigarettes, snuff, flakes, chewing tobacco, vaporizers and e-cigarettes).

Campers found using tobacco products elsewhere will have their parents notified and may, at the discretion of the director, be dismissed from Camp. Due to danger of fire, any camper found smoking in a cabin will be dismissed from Camp.

No refund of any portion of unused Camp fees will be given.

Social Media Policy

Campers must be respectful in all communications, social media, and blogs related to or referencing the camp, its employees and other campers. The following policy is in place:

- Campers must not use obscenities, profanity, or vulgar language.
- Campers must not use social media, blogs or personal websites to disparage the Camp, other campers or employees of the Camp.
- Campers must not use social media, blogs or personal websites to harass, bully, or intimidate other campers or employees of the Camp. Behaviours that constitute harassment and bullying are listed in Kandalore's Harassment Policy.
- Campers must not use social media, blogs or personal websites to discuss engaging in conduct that is prohibited by camp policies, including, but not limited to, the use of alcohol and drugs and bullying.
- Kandalore does not host or sponsor any social networking sites belonging to campers or staff. The use of Camp logos or photographs is not allowed without written permission.

Cabin Policy

Campers, LITs and staff are not allowed in other camper cabins. No open flames (i.e., candles) are allowed in the cabins, even if cabins have no electricity (see packing list for flashlight suggestions).

Cancellations and Withdrawals

There will be no reduction in or refund of Camp fees for any reason after March 31, 2023, including, without limitation, for:

- A camper who cancels or withdraws from the Camp program either prior to or during the period for which they are registered for any reason including, without limitation, as a result of illness or a medical condition;
- A camper who arrives late or leaves early in the period for which they are registered; or
- A camper who is expelled from the camp for breaking the Camp rules or otherwise.

Food in Camp

In recent years, because of their attraction to food, we have witnessed an increase in incidence of raccoons and other small animals entering cabins at Kandalore. Although these animals do not represent an immediate threat to the safety of campers, they are disruptive and can cause quite a mess. A number of our campers also have food allergies and it is for this reason that we request that families do not send any food with their children to Camp or send any food to them during their stay at Camp. If campers do possess food in their cabins, unfortunately Counsellors will be placed in the difficult and unfair position of having to remove it.

Families are reminded that campers receive three meals a day and a snack before bed each day. There is a bowl of apples out all day for campers to eat. They also have the opportunity to visit the Tuck Shop a couple times a week where they can obtain treats.

Nuts

Please be advised that Kandalore is not a nut free environment. While we do not serve peanut butter or nuts in the Dining Hall, we are unable to ensure all food items sold in the Tuck Shop or served in the Dining Hall and items brought into Camp do not contain nuts. Campers with nut allergies attending Camp do so at their own risk.

Cell Phones, Ipods, Tablets and Other Electronics

One of the benefits of Kandalore is the personal growth that campers experience. Camp provides a unique environment for children to learn to be themselves and trust others. It also provides opportunities through which children grow and learn to solve some of their own challenges. Camp is one of the few places where campers can 'unplug' and focus on their interpersonal skills. Electronic devices, like cell phones, hinder this growth and detract from campers' overall experience at Camp. We are happy to provide you with an update on your camper at any time; please do not hesitate to call or email the Camp Office.

Cell phones, iPods, tablets, hair dryers, electronic game devices or any other items requiring electrical power are not permitted at Camp and will be confiscated and returned on departure day. Thank you for supporting this policy.

SUGGESTED PACKING LIST

SUGGESTED CLOTHING

- 7 t-shirts
- 2 long-sleeve shirts
- 2 sweatshirts
- 4 pairs of shorts
- 3 pairs of pants
- 2 bathing suits
- 8 pairs of underpants
- 2 pairs of pyjamas
- 8 pairs of socks
- 2 pairs of heavy socks
- 1 sun hat
- 1 rain suit or raincoat
- 1 pair of sandals
- 2 pairs of running shoes (include 1 old pair for wet use)
- 2 towels
- 1 laundry bag
- white t-shirt or clothing item for tie-dye at arts and crafts

TOILETRIES

- Soap & shampoo
- Toothbrush & toothpaste
- Comb and/or brush
- Sunscreen (SPF 30 or greater)
- Mosquito repellent
- No aerosol cans please

BEDDING

- Pillow & pillowcase
- Sleeping bag
- Blanket
- Fitted sheet
- Other bedding as desired fit for a single bed

EQUIPMENT

- Flashlight/headlamp & batteries
- Government approved Life Jacket/P.F.D.
- Canoe paddle
- Water bottle (durable)
- Whistle (e.g. Fox 40)

OPTIONAL ARTICLES

- Writing supplies (pen/paper/etc.)
- Books, games, cards
- Camera (cellphones cannot be used as cameras)
- Musical instruments
- Goggles
- Fishing tackle, rod
- 1 pair of rubber boots

ITEMS NOT TO BRING

- Phones, iPods, tablets, computers & other electronics
- Knives
- These items will be confiscated

Please note: all our campers will be going on canoe trip. Please consult the list on the next page for items to pack for trip.

We recommend against bringing any items of value that will be greatly missed or are irreplaceable.

SUGGESTED TRIP PACKING LIST

EQUIPMENT

- Dry Bag 30L or smaller
- Sleeping bag

WET CLOTHES

- Closed toe and closed heel shoes: (old running shoes, quick dry shoes) Crocs are not acceptable
- Socks: Wool, fleece or Smart wool. Not cotton
- Bathing suit: No halter tops (the knot will hurt when portaging)
- Shorts: Quick dry sport shorts work well. No cotton or denim
- T-shirt: It will get very dirty. Quick dry or thin cotton
- Long sleeved shirt: Quick dry or polyester
- Sun hat: Wide brimmed keeps more sun off
- Rain gear: Please avoid ponchos as they are not durable

DRY CLOTHES

- Shoes: Anything comfortable. No flip flops
- Socks: Wool, fleece or Smart wool. No cotton
- Pants: No Jeans! Fleece or sweatpants
- Long sleeve top: Cotton is fine
- Warm top: Fleece is best or a small packable sweatshirt
- Underwear: 3 or 4 are good unless a camper would like more for longer trips

MISCELLANEOUS

- Sunscreen
- Bug spray
- Flashlight or headlamp (preferable)
- Toothpaste
- Toothbrush

When packing for trip, please keep in mind that cotton products are difficult to dry and not recommended. Fleece, polyester, and wool dry quickly and keep campers warmer, so they are ideal for trip. Second hand gear can be found in stores like Value Village. For new products we recommend stores like MEC, Trailhead or Europe Bound.

For more gear recommendations for items needed on trip or in Camp, please contact our team and we are happy to assist.

SITE MAP



Visit our website: <https://www.kandalore.com/map/> to view the full interactive site map!

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