

What to Bring

You will need to bring:

- ◇ Sleeping Bag
- ◇ Pillow
- ◇ Toiletries
- ◇ Towels
- ◇ Shampoo
- ◇ Soap
- ◇ Brush/Comb
- ◇ Toothbrush and Toothpaste
- ◇ Swim Suit
- ◇ Boot or Shoe with a HEEL*
- ◇ Long Pants*
- ◇ Ice Skates (For Recreational Skate)
- ◇ Clothing: (FOR THE ENTIRE WEEK)
- ◇ Wet Weather
- ◇ Warm Weather
- ◇ Cool weather
- ◇ Messy/Muddy/Sloppy Clothes
- ◇ Theme Week Costumes

* Required for Horseback Riding

Optional Items

- ◇ Camera (Cannot be a phone or Ipad etc.)
- ◇ Roller Blades and Skateboards (* Helmet, Knee & Elbow Protection are Required)
- ◇ Tennis Racket
- ◇ Insect Repellent / Sun Screen
- ◇ Flashlight
- ◇ Dark Clothing / Camouflage (For Night Games)
- ◇ Plastic/Vinyl Ground Sheet (To protect sleeping bag from moisture on Camp Out)

Program Items

- ◇ Full Hockey Equipment
- ◇ Running Shoes
- ◇ Shorts
- ◇ T-Shirt

Snackbar

Each day the campers will have a chance to go to the Snackbar (tuck shop). The Snackbar contains ice cream, chocolate bars, gummies, drinks etc. If you have not added money to your child's Snackbar account you can do so upon your arrival the first day or call the Teen Ranch office. Any money not used by the end of the week will be refunded Saturday at pick-up. If it is not collected at this time it will be donated to Teen Ranch Indonesia or other charitable programs.

Social Media

You can view photos of the campers throughout the week on the Teen Ranch Canada Facebook page and Instagram page. To find us, just search "@teenranchcanada"

What NOT to Bring

Please do not bring:

- ◇ Radios
- ◇ Cell Phones
- ◇ Tablets
- ◇ iPods or Mp3 devices
- ◇ Laptops
- ◇ Handheld gaming systems

**please make sure that your child is aware of these restrictions. If any of the above are seen they will be confiscated. All confiscated items will be available for pick-up at sign-out on Saturday.

Lost & Found

Please mark all clothing with "child's name." Lost & Found is only kept for 30 days. We highly recommend that you do not pack expensive cameras, watches, jewellery, clothing, etc. for camp. Teen Ranch assumes no responsibility for wear and tear, damage to, or loss of camper's clothing, equipment or belongings for any



Arrival & Departure

Sunday Arrival Time (4:00pm - 5:00pm)

- ◇ Registration check-in takes place in the Ice Corral lobby at 4:00pm - 5:00pm.
- ◇ BBQ dinner served for campers and parents between 4:00pm - 5:30pm.
- ◇ Official Welcome for Campers and Parents - Meet the staff at 5:30pm

Saturday Departure Time (9:00am - 11:00am)

- ◇ Parents please arrive for our 9:00am ROUND-UP with an awards presentation!
- ◇ Refreshments will be offered during this time on the Snack Bar Patio.
- ◇ Between 9-11am, parents and friends are encouraged to come watch your camper show off their skills!

Mandatory Sign Out

Please come to our "Plough Inn" lobby for Camper Sign Out, You will pick up your medications, lost & found and any left-over snack bar money. There is also the opportunity to visit the Western Store and the Ice Cream Parlour and of course say good-bye to the leaders.

Safety

Staff Ratio: We are proud to provide a 10:1 camper-to-staff ratio for children ages 5-8, and a 12:1 camper-to-staff ratio for children 9-18 in order to ensure your child is safe and secure at all times.

Aquatics: All campers will be required to pass a swim test prior to swimming in the pond without a life jacket and there is an appropriate number of Certified Lifeguard staff at the pond at all times during swimming hours.

Sun and Bug Protection: Please pack sunscreen and bug spray with your child. Our staff is vigilant about helping your kids reapply during the day.

Mail & Email

Mail or emails may be sent to campers during their stay. Emails are to be sent to camp@teenranch.com BY FAMILY MEMBERS ONLY. Emails from friends will not be passed along to campers.

Typical Day

Below is a brief outline of what a daily schedule will look like. Please note that these are flexible and are subject to change if necessary due to weather, scheduling or other interruptions.

7:30am	Rise & Shine
8:00am	Breakfast
9:00am	Get Equipment on
9:30am	On-Ice Lesson—Skills & Drills
10:30am	Snack Bar
11:00am	Dryland Training
12:30pm	Lunch
1:15-1:30pm	Chapel
2:00-5:00pm	Free time Activities (swimming, giant swing, rock wall climbing, bouldering, marksmanship, archery, trail rides, water slide, crafts, canoeing, basketball, tennis, volleyball & jousting)
Afternoon Time Varies Daily	Afternoon Scrimmage
5:30pm	Dinner
6:30pm	Camp-wide Game
7:30pm	Snack Bar
8:30pm	Campfire
Times vary depending on age group	Lights Out

If you have any further questions, please contact us at camp@teenranch.com

Weather

We try to keep your children outdoors whenever possible. Our facilities do include a number of buildings that are available for use if the weather does turn extreme. We do ask that you send your child with weather appropriate clothing as they will be outdoors regardless of rain and sunshine.

Food Allergy Policy

Our desire is to create a safe environment for young people; however we are not a peanut free facility. Please ensure that your child can self-manage their condition at camp. Please remember that the **Snack Bar is not a peanut free environment.**

Medical Policy

In case of an emergency, injury or sickness that demands medical attention or hinders that camper's ability to participate in daily activities, the parent will be notified. REFUNDS for early departures due to sickness will be granted only on receiving a note from your family physician stating the necessity to do so.

ALL MEDICATIONS are to be handed to the First Aid attendant upon arrival. A note of explanation is needed for any medication, allergies, emotional, mental and behavioural needs a camper may have. This should be handed in with your child's application form.