

## Vegetarian Eco Camp Welcome Package

# Welcome Parents/Guardians & Campers!!



We hope you are all excited for Veg Camp 2025! This package is meant to help you get ready for camp. Please read through the information carefully. This letter includes:

1. What to bring to camp
2. What NOT to bring to camp
3. Drop-off / Pick-Up Information
4. Phone Policy
5. Required Forms:
  - Vegetarian Eco Camp Waiver and Consent Form

Please do not hesitate to contact us via email if you have any additional questions.

Sincerely,

The Veg Camp Team

## 1. What to Bring to Camp: Travelling light makes organizing easy for your camper.

Campers are limited to bring one larger bag, or two smaller bags (sleeping bag can be separate). Below is our suggested packing list with the mandatory items in **red**:

### Clothing

- ☐ 4 shorts / capris
- ☐ 3 long pants (jeans/sweatpants)
- ☐ 6 rough use short-sleeve shirts
- ☐ 3 long-sleeve shirts
- ☐ 2 hoodies / sweatshirts
- ☐ 7 undergarments
- ☐ 7 pairs of socks
- ☐ 1 set of pajamas
- ☐ 1 bathing suit
- ☐ 1 summer hat
- ☐ 1 **rain jacket**
- ☐ 1 **thin towel for bathing**
- ☐ 1 thin yoga mat/towel

### Sleeping Gear (pack separately)

- ☐ 1 **sleeping bag**
- ☐ 1 **pillow**
- ☐ 1 extra thin blanket

Many of our activities are designed to be outdoor experiences and will continue rain or shine.

Please bring clothing appropriate for the activities and that you don't mind getting dirty and wet.

**NOTE: To participate in activities, such as high ropes, campers must be wearing running shoes or shoes with a closed toe and a closed heel.**

### Toiletries

- ☐ Toothbrush
- ☐ Small toothpaste
- ☐ Soap & Shampoo
- ☐ Comb / Hairbrush
- ☐ Sunscreen / Sun Protective Clothing
- ☐ **Insect repellent that they can apply without assistance**

### Footwear

- ☐ 1 pair of sandals
- ☐ 1 **pair of running shoes**
- ☐ 1 pair of rain boots if sandals are not waterproof or quick drying

### Additional

- ☐ **Water Bottle**
- ☐ Flashlight
- ☐ Bag for dirty laundry
- ☐ Medication (eg. asthma puffer, Epi Pen, allergy medication) **In a clear bag clearly labeled with the camper's name. Be sure to inform the camp doctor of this upon drop-off.**



## 2. What NOT to Bring to Camp:

Camp does not allow for the following items to be brought to camp:

**No hand-held electronic devices.** Electronic devices are not permitted on the camp site. Camp promotes learning new skills, meeting new friends, and enjoying the outdoors away from electronic distractions. Any electronic devices found at camp will be collected and returned to parents the end of camp.

**No cell phones.** Cell phones found at camp will be collected and returned to parents at the end of camp.

**No food products.** The camp site does not permit campers to bring ANY food products onto the camp site. Outside food is not allowed at camp because of the number of allergies amongst campers and given that food in the cabins attracts animals. Any outside food items found will be discarded. All meals and snacks will be provided at camp.

**No valuables.** Campers are highly discouraged from bringing money, jewelry, or expensive clothing/shoes. There is no opportunity to buy things at camp.

**No chewing gum.**

**No products with strong scents or perfumes.**

Please note that campers are responsible for all of their belongings while attending Veg Eco Camp.

The YMCA Cedar Glen or Veg Eco Camp staff are not responsible for any loss or damage to items.



3. **Drop-Off / Pick-Up:** We remind parents that the drop-off and pick-up time are set in order to account for safety, staffing, and scheduled programming. Please read the late fee information below, which will be applied if your child is picked up after the designated time.

**Address:** YMCA Cedar Glen,  
13300 11th Concession Road, Schomberg, ON L0G 1N0.

**Drop-off time:** Sunday, July 6th, 2025 between 3:15-4:00pm. Camp kicks off at 4:00 pm.

**Pick-up time:** Saturday, July 12th, 2025 between 2:15-3:00 pm

*Releasing your child: If someone other than the parent or guardian noted on the registration form will be picking up your child, note them on the form below and advise us at drop off.*

*EVERYONE will have to produce a government form of I.D. prior before we will release their child. Please have this ready upon pick up.*

*Late pick-up: Please note late fees will apply if campers are not picked up by the designated time. A late fee will be applied at a rate of \$15 every 30 minutes past the pick up time payable to the organization.*

#### **4. Phone Policy**

We understand how some parents and campers will want to contact one another during camp. However, we strongly advise parents and campers do not call each other.

Calling home or parents calling to speak to their child interrupts camp programming, encourages home sickness and harms the child's ability to integrate with their counsellors and other campers while at camp.

We will help your child develop self-confidence, but note that we will absolutely not hesitate to call you if there is anything wrong, or if we feel your child would benefit from speaking with you.

**5. Required Forms:** The waiver and consent form below **MUST** be printed, signed and brought to camp.

# Vegetarian Eco Camp Waiver and Consent Form

Camper Name: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_

## To be completed by Camper's Legal Guardian

I have made an informed decision for the above-named child to participate in IMJM-C's Summer Youth Camp to be held at YMCA Cedar Glen, 13300 11th Concession Road, Schomberg, ON L0G 1N0, Ontario.

IMJM-C will take all reasonable precautions to ensure the safety and security of my child. I understand, however, that participation in an overnight summer camp carries risks.

I acknowledge that this Waiver and Release of Liability will be used by IMJM-C, its affiliates and the organizers, collaborating organizations, teachers and volunteers of the Camp (the Releasees) and that it will be binding on you (the Releasor) as follows:

1. The Releasor hereby waive, release and forever discharge the Releasees from any and all liability for any death, disability, personal injury, property damage, property theft or loss, expense or actions of any kind which may hereafter accrue to my child during the Camp, for any cause whatsoever, and waive any and all claims, causes or actions or demands against the Releasees.

2. The Releasor agree to indemnify and hold harmless the Releasees from any and all liabilities or claims made by other individuals or entities as a result of my child's actions during the Camp.

I hereby consent for my child to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the Camp.

I consent to IMJM-C using my and my child's information for the purposes of maintaining communications with me or my child. To revoke this authorization, I must notify IMJM-C in writing. Electronic information provided during registration will be stored on Google servers, Formstack and/or the personal computers of our volunteers; written medical information will be summarized and/or shared only with appropriate staff, volunteers, and or licensed practitioners in order to ensure the safety of my child. Your information will not be shared with or sold to any third party except as required by YMCA Cedar Glen policies or as required by law.

I agree to allow photographs or video of Camp activities, which may include images of my child, to be used for online and/or in-print promotional materials, such as website, Facebook, brochures, for future IMJM-C camps.

I understand that dangerous or disruptive behaviour by my child may result in IMJM-C recommending that my child be removed from Camp early, at my own expense. Such circumstances will be discussed with the parent / guardian in order to ensure safe transfer of care of my child. I understand if I cancel my child's registration greater than 60 days before the start of camp, a \$100 cancellation fee will be applied & the balance will be reimbursed. I understand that the camp fee is fully non-refundable if cancelled less than 60 days before the start of camp.

I understand that if camp is cancelled for any reason by IMJM-C or by YMCA Cedar Glen, then I am entitled to a full refund, however I cannot claim any additional damages, losses, or childcare expenses from the Releasees.

I hereby certify that I have read this Waiver and Release of Liability, understand its contents and am aware of what I am agreeing to.

Signature (Parent/Guardian): \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_