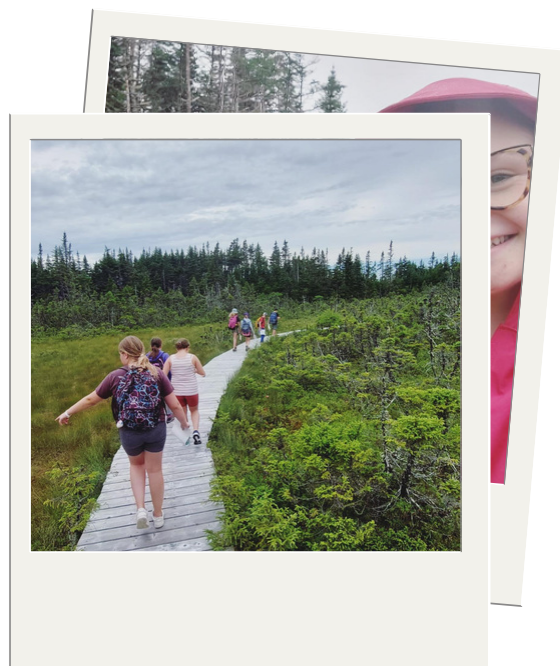




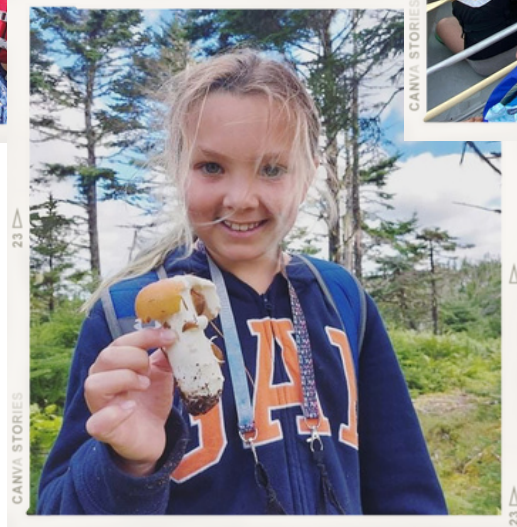
2023 Registration Package

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Welcome to Echo Pond!

A big welcome to campers old and new! The summer cannot come fast enough for us here at Echo Pond. We can't wait to see all your smiling faces at the bus! Our leadership team is diligently working on some fresh new programming. With nine camps scheduled for this year, it's shaping up to be the best summer yet!



How to Contact Us

-  Landline: (709) 687-8593
-  Email: summercamp@echopond.ca

Before Camp:

Please use our email if you have any camp related questions. The school program is usually on site in May/June but no one from camp will be there to take your call.

During Camp:

You can get ahold of us by landline while camp is in session, but not on the weekends. You may need to leave a message with our kitchen staff if we are off in the woods!

Our email goes straight to the camp director's phone so that is the easiest way to get ahold of us. Facebook messages often get lost.

We post pictures on Facebook and Instagram!
@echopondsummercamp

Transportation

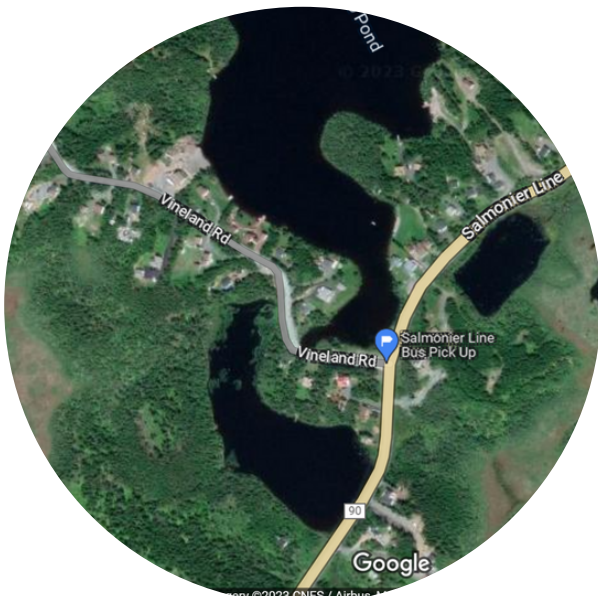
St. John's location drop-off and pick-up:

Location: Suncor Energy Fluvarium



Salmonier Line drop-off and pick-up:

Location: the gravel parking area at the beginning of Vineland Road (first right after Dalcourt store, if you are coming from the TCH).



Transportation

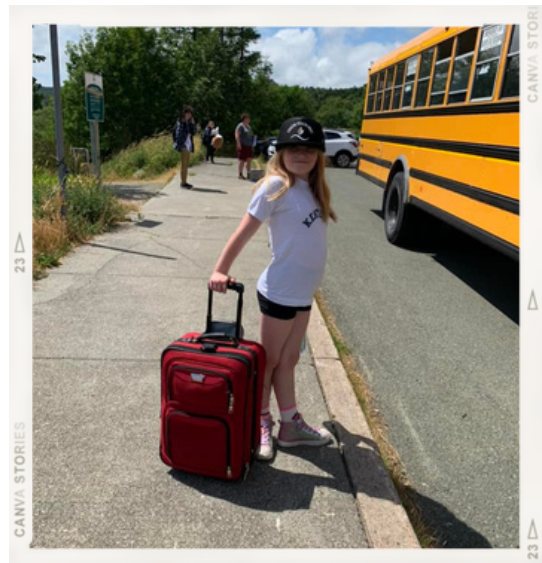
	St. John's: Fluvarium		Salmonier Line: Vineland Rd	
Camp	Drop Off	Pick Up	Drop Off	Pick Up
5-Day Camps	Monday 8:00-8:30am Bus leaves at 8:30am	Friday 3:30pm	Monday 9:20am	Friday 2:40pm
3-Day Camp Group A July 24-26 Group C Aug 14-16	Monday 8:00-8:30am Bus leaves at 8:30am	Wednesday 1:30pm	Monday 9:20am	Wednesday 12:30pm
3-Day Camp Group B July 26-28	Wednesday 1:45-2:00pm Bus leaves at 2:00pm	Friday 5:00pm	Wednesday 2:40pm	Friday 4:00 pm



Transportation

Drop Off Procedures

- If your child is getting picked up on Salmonier Line, you must email us at least a day ahead so we know not to expect them at the Fluvarium.
- Please be on time for drop off! If you are running late, please email us ASAP.
- When you enter the Fluvarium Parking lot you'll see the school bus or the camp staff on the sidewalk nearest the building.
- Bring your luggage and child over to talk to our camp director, Tuckamore (Katie).
- You'll be asked to sign in.
- If you have meds, you'll be asked to fill out a medication sheet. Katie will collect all medication (puffers, creams, or epipens can stay with the child if necessary). You can also pass in their whittling knife (with their name on it) if they are bringing one.
- Your child will get a name tag for their shirt.
- Once checked in, bring your luggage to the uHaul van by the back of the bus. Your child can keep their backpack with them.
- You're done! You can either leave your child with our staff or stick around until the bus leaves.



Transportation

Pick Up Procedures

- If your child is being picked up from Salmonier Line, please let us know ahead of time so we can arrange for their luggage to be on the front of the bus.
- Please be on time for pick up! Our staff can't go home until every child is safely collected. If you are running late, please email us ASAP.
- Pick up can be very chaotic! Kids are excited to see their families and families are excited to see their kids!
- Once you have found your child, make sure to check out with Katie.
- Collect any meds or knives from Katie.
- Luggage will be unloaded onto the sidewalk at the back of the bus.
- Please ensure that your child has everything with them before you leave! We've had whole suitcases left behind before!
- If your child is being picked up by someone who is not on their registration form, please email us ahead of time.



Packing List

Please label everything! Kids will honestly forget the clothes they showed up to camp in if it didn't have their name on it! This is the only way we can help lost clothes find their home!

Sleeping Items	<ul style="list-style-type: none"> • Sleeping bag or sheets and warm blankets • Pillow <p>Optional:</p> <ul style="list-style-type: none"> • Stuffed animal or other comfort item • Extra sheet or light blanket to tuck into the top bunk to create a little nook for light sleepers • Battery operated night light or string lights
Toiletries	<ul style="list-style-type: none"> • Large towel and washcloth • Shampoo and soap - biodegradable if possible • Toothbrush and toothpaste • Hairbrush or comb • Menstrual products (if child is at or near age of menstruation) <p>Optional:</p> <ul style="list-style-type: none"> • Flip flops for the shower
Clothing	<ul style="list-style-type: none"> • Underwear and socks for each day of camp (plus a few extra) • Pants and shorts (2-3 pairs each) • T-shirts (2-3) • Long sleeve shirt (1-2) • Warm sweater or hoodie (1-2) • Pajamas (1-2) <p>Optional:</p> <ul style="list-style-type: none"> • Slippers or warm socks for inside the bunkhouse
Go-Gear	<ul style="list-style-type: none"> • Small/Medium size backpack • Sun hat or baseball hat • Sunscreen • Bug repellent • Water bottle <p>Optional:</p> <ul style="list-style-type: none"> • Sunglasses

Packing List

Outdoor Clothing	<ul style="list-style-type: none"> • Rubber boots or waterproof footwear • Comfortable footwear for walking/hiking • Raincoat and splash pants • Bathing suit • Sandals or water shoes for swimming - our beach is very rocky. Crocs are a great option!
Bonus Items	<ul style="list-style-type: none"> • Flashlight • Small journal and pencils or a book <p>Optional:</p> <ul style="list-style-type: none"> • Balls, frisbees, board games, art supplies, or musical instruments • Lifejacket (if they prefer their own, we will provide life jackets for water activities) • Pictures of family or a letter from home • For ages 10+: whittling knife. Please only send your child with a knife if they are confident and responsible using this tool. Knives will be collected at the bus and used during whittling skill sessions and supervised free time. • Camera • Little decorations for their bunk room • Medication - give to the camp director at the bus
TEEN CAMP Bonus Gear	<ul style="list-style-type: none"> • Hiking boots or sturdy shoes for walking • Waterproof muck boots or tall rubber boots (for the boggy part of the portage) • Large backpack for carrying gear. This can be a school bag - just avoid the small drawstring bags that some kids bring for their Go-Bags • Large water bottle (or 2!) • Working flashlight - we will be out in the pitch dark for some activities! • Lifejacket (we have our own for campers but they might be more comfortable wearing their own) • Roll up sleeping pad • Mess Kit (for meals with utensils)

What Not to Bring

- Food or drink of any kind (due to potential of allergic reactions, as well as litter). We will have plenty of delicious food onsite! However, if your child has particular dietary restrictions, please email us so we can discuss options.
- Electronics such as iPods, iPads, hair straighteners, gaming devices, etc.
- Heavily scented products such as perfume or body spray. Regular deodorant is fine.
- **Anything special that cannot be replaced.** We do our best to help campers care for the belongings at camp but sometimes accidents happen. *Echo Pond is not responsible for anything that is lost or damaged at camp.*

Cellphone and Electronics Policy:

Our camp provides kids with the wonderful experience of being immersed in the natural world for several days. One very important element of this experience is the opportunity to “unplug”, which helps kids connect to nature and develop friendships. The lack of electronics contributes to a magical summer camp atmosphere.

We understand that it can be a big step for both parents and children to spend time away from each other. If you need to reach your child, or your child needs to reach you, we have a phone-line available at the Centre (709-687-8593). **We will always allow children to phone home if they ask!**

We know from experience that if even one child brings a phone or electronic device to camp, it can affect the experience of *all* campers. For this reason, if a child does bring an electronic device to camp, we will store it in a safe place during the duration of their time at camp. **Please don't make us be the bad guys and have them leave their phones at home!**

Camp Programming

What will my child do at camp?

Echo Pond includes a variety of activities and lots of opportunity for choice. Every day of camp there are 'skill sessions' that campers can sign up for. Each year we add brand new activities!

Camp activities generally fall into four categories below:

1. Outdoor Adventure activities (e.g. orienteering, map and compass, building shelters, cooking outdoors, whittling, archery)
2. Arts and Crafts (e.g. painting, writing, and drawing outdoors; natural dyeing; mobiles; bracelets)
3. Nature Discovery (e.g. edible plant walk, observing nature using your senses, magic spots)
4. Being active (e.g. swimming, canoeing, hiking, group games)

Additionally, there will be lots of classic camp activities like campfires, music, storytelling, scavenger hunts, a talent show, and other fun surprises. There is sports equipment and games on-site for use during free time; as well as a beautiful vegetable garden where kids will be able to harvest veggies for meals.

Every week of camp is different! Some skill sessions are limited by weather and group interest. We follow the flow of the group and are always on the lookout for spontaneous camp magic!

Please note that some activities such as whittling, archery, and outdoor cooking do not take place in the Junior camp (ages 7-9)

Sleeping Arrangements

All campers sleep in our cozy bunkhouse. There are two wings, each with 4 camper rooms, a full bathroom with showers, and a private staff bedroom. Seven campers can sleep in a room. Each room is assigned a “room leader”. This is a camp counselor who comes in at bedtime to help with the transition to sleep. They work with their room group to come up with night time rituals such as reading a chapter book, doing light stretches, chatting about their day, doing guided meditations, etc. This is a special part of camp for many kids!

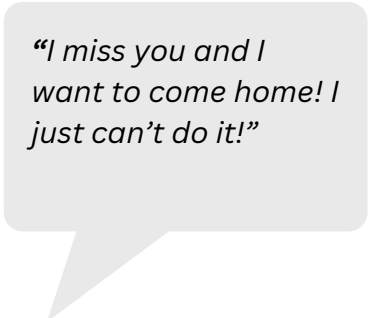
Sleeping in a room full of kids is very different from a bedroom at home! There can be lots of different noises - snoring, whispering, getting up to use the bathroom, etc. If your child is a light sleeper we recommend coming up with a sleep plan ahead of time. This could be talking with your child about strategies to help them fall asleep or even introducing a white noise machine to their room in the weeks leading up to camp.

Some campers enjoy making a cozy “nook” in a bottom bunk by tucking a sheet or light blanket under the top mattress. This makes a dark little cave and can block out noise and shifting lights. If your child would benefit from this, please send along an extra sheet or light blanket and instruct them to grab a bottom bunk!



Homesickness Guide

It's a late-night phone call every camp parent dreads getting. A teary-eyed child on the other end of the line asking you to come pick them up. It's late at night, and camp is over an hour away from the city at the end of a winding dirt road. It hurts to hear your child upset, but you know that they will gain so much resilience by staying the night and continuing the next day.



"I miss you and I want to come home! I just can't do it!"

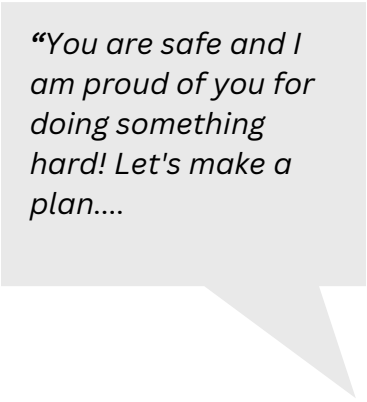
This is what we know about homesickness at Echo Pond:

- Children of all ages can experience homesickness. Even kids who have been to our camps for many years and are familiar with the space, the staff, and their peers.
- Homesick feelings usually come out at night – especially on the first night of camp.
- Children experience homesickness even if they are having a great time at camp!

With thoughtful coaching from staff and parents, the majority of homesick kids stay the night and complete their camp experience. They feel really good about staying when they do!

We view homesickness as a normal part of the sleepaway camp experience. It is human nature to pine for what is known and comfortable. A stay at summer camp — even for a seasoned camper — can generate pangs of longing for the comforts of home: the family pet, parents, and their own bed. At Echo Pond, we acknowledge homesickness as a valid emotion; we don't diminish the feeling. We use our own experiences as former campers and adults away from home to help guide campers through those feelings of unease and discomfort. We help develop the skills to conquer pangs of emotion.

Homesickness Guide



"You are safe and I am proud of you for doing something hard! Let's make a plan...."

A call from a homesick child does not mean that you must immediately come to the rescue! It is an opportunity to help camp staff help your child work through their sad feelings so they can come out the other side feeling happy and proud!

If a child asks to call home because they are feeling homesick, we will ask them to pause the conversation. Then we will give you a call at home and update you on how your child is doing at camp. Together, we will come up with a plan on how to support your child through their emotions with the goal of keeping them at camp.

We believe that giving the child the opportunity to talk with their family will take away the 'all-or-nothing' feeling kids sometimes experience when they are homesick. If they think they're not going to get to call home again, they might amp up their need to go home making it harder for them to work through their discomfort and stay the night. The only time we would delay a call home is if it is in the middle of the night (they can call in the morning) or if we are just about to start an off-site activity (hiking, orienteering, etc.)

The majority of homesick kids whose families work together with camp staff to help them through these feelings do stay at camp. We have about 1-2 campers go home early every summer. When these campers feel supported and validated by their families and camp counselors they retain their positive feelings about camp and very often will return the next year for a successful week of camp!

Homesickness Guide



Here are some ways you can help your child if you get the homesick call.

1. Encourage your child to stay without making them feel bad for missing home. Tell them that you're proud of them for going to camp and trying something new and that you believe in them. Acknowledge their feelings, but don't let them wallow in them. Sometimes the best thing you can do is tell you that you love them, say goodnight, and hand the phone back to the counselor. *A counselor will stay close until they are asleep and we will contact you if it gets worse.*
2. Ask them about their day and talk about the fun things they are looking forward to doing the next day. Sometimes a chat and a bit of a distraction is all they need.
3. Sometimes campers are worried that their parents miss them. In this case, it is useful to tell them that they are missed and loved, but everyone is fine. If there is something specific at home they are worrying about such as a pet or sibling, reassure them that everything is okay at home.
4. Arrange for future calls or check-ins if you feel this will make your child feel more secure.
5. Avoid making a 'pick-up deal'. "If you stay the night, I'll pick you up tomorrow if you still want to come home." You can always come pick up your child from camp but giving them this option right away makes it a self-fulfilling prophecy.

A big thank you in advance from our Echo Pond team for helping us help your child through their feelings of homesickness!

Camp Food

Healthy, delicious, and local food is a high priority at camp. We provide plenty of fresh fruits and vegetables, homemade baked goods, and, as much as possible, source locally grown foods, including from our own vegetable garden. Since year one, 95% of our meat and eggs have sourced from local, small-scale farms. Additionally, there are vegetarian options at every meal.

Our meals are served buffet-style so that kids/youth always have lots of choice for each meal. This includes a salad bar in which campers can choose from a variety of brightly coloured veggies, homemade salad dressings, and lots of greens. We have lots of "deconstructed" meals so picky eaters can eat only the foods that they like!

Snacks are served between meals and before bed.

This year we are updating our menu to include snacks that are more nutrient dense and filling! We will also be pushing supper time ahead by an hour to help curb hunger in the evening.



Breakfast: Oatmeal, Eggs, Toast, Pancakes, Cereal, Sausage, Fruits

Lunch and Suppers: Salad Bar, Sandwiches, Quesadillas, Tacos, Soup, Chicken, Roasted Vegetables, Burgers, Pizza, Hummus, Spaghetti

Snacks and desserts: Fruit, crackers/cheese, homemade cookies and muffins, brownies, etc.

COVID-19

Although the World Health Organization has announced that the COVID-19 pandemic is over, Covid still exists in our community. We have been extremely fortunate over the past two summers to not have camp close down due to an outbreak and we would like that to continue!

Here's what we are doing to help curb Covid at camp:

- Camp staff have access to rapid tests onsite and will monitor for symptoms throughout the summer.
- All camp staff have been vaccinated.
- The majority of our program takes place outside where potential transmission is low.
- We keep windows open in our cookhouse when the whole group gathers for meals and activities.
- This year we will be encouraging more kids to eat outside at our picnic tables when the weather permits.

What we need from our camp community to help curb Covid at camp:

- If your child has Covid, even with no symptoms, they need to stay home. We will provide a full refund and a guaranteed spot at next year's camp.
- If someone in your household has Covid, please have your child do a rapid test before attending camp.
- Campers are very welcome to wear masks at camp if they are more comfortable doing so.

Thank you for helping keep our camp staff and our camp community safe!

Other Questions?

Check out our FAQ page on our new website or send us an email at summercamp@echopond.ca!

[FAQ](#)