



WHY CAMP WAHANOWIN?

- ❖ Proximity - only 90 minutes north of Toronto - less time spent travelling, lower charter bus cost
- ❖ Full Service Program - Teachers are not responsible for curriculum or instructing
- ❖ 2, 3 and 4 Night Trip Options in May, June, September and October
- ❖ Balanced schedule tailored to meet school's goals
- ❖ Non-Stop Action - Students are busy from morning to night - learning, playing and working together at hands-on activities
- ❖ Educational - Students are having so much fun they won't realize the social and educational benefits of the camp experience
- ❖ Safe and Secure Environment - no unsupervised excursions or activities
- ❖ Comfortable Community Cabins - Teachers reside in private accommodation near Student cabins. All cabins have electricity, private washrooms and showers.
- ❖ Great Value - Camp provides all meals, snacks, programs and activities
- ❖ Delicious food - kid's tastes with adult appetites, can accommodate special diets
- ❖ Unpack and Enjoy - no getting on and off buses traveling to different locations
- ❖ Unique, Kid-Focused, Fun Experience - not your everyday trip - instead of hotels, malls and museums we offer 150 acres of forest and fields; lakefront and outdoor living; adventure and independence; campfires and cozy cabins
- ❖ Diverse, Inclusive Activities - creative, active, challenging and enriching programs where the emphasis is on fun, personal empowerment and learning in an outdoor environment surrounded by friends
- ❖ Staff are background checked, certified in First Aid, CPR and receive extensive training
- ❖ Accredited Member of the Ontario Camps
- ❖ Association and OPHEA, Red Cross, Royal Lifesaving Society Members whereby we meet or exceed the standards set forth by them
- ❖ Confidence in our Camp - over 65 years of Excellence in Residential Camping Experience



Camp Wahanowin Outdoor Education and Adventure Centre - 155 Acres On Lake Couchiching

For more information, please contact:
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WAHANOWIN OUTDOOR ED AND ADVENTURE CENTRE

2020 Sample Schedule

Time	Arrival Day	Day 2	Day 3	Departure Day
7:30am		Camp Wide Quiet Ends	Camp Wide Quiet Ends	Camp Wide Quiet Ends
8:00am		Flagpole	Flagpole	Flagpole
8:10am		Breakfast	Breakfast	Breakfast
After breakfast until 9:15am		Cabin clean up	Cabin clean up	Pack up Bags Cabin Clean up
9:20am to 10:20am		Activity Three	Activity Eight	Elective Three
10:30am to 11:30am	11:00am - Arrive Move into cabins	Activity Four	Activity Nine	Elective Four
11:35am to 11:45am	Morning Snack	Morning Snack	Morning Snack	No Snack
11:50am to 12:50pm	Mixer Games Tour	Activity Five	Activity Ten	Early Lunch(11:45am)
1:10pm	Lunch	Lunch	Lunch	Lunch
2:15pm to 3:15pm	Activity One	Activity Six	Elective One	Depart at 1:00pm See you next year!
3:25pm to 4:25pm	Activity Two	Activity Seven	Elective Two	
4:45pm to 5:45pm	Sports/Open Rec Tuck Shop Open	Sports/Open Rec Tuck Shop Open	Sports/Open Rec Tuck Shop Open	
6:10pm	Dinner	Dinner	Dinner on the Green (BBQ)	
7:00pm to 8:00pm	Unpack Tuck Shop Open	Free time Tuck Shop Open	Free time Tuck Shop Open	
8:00pm to 9:30pm	Crazy Olympics	Waha's Got Talent Campfire	Carnival Dance	
9:30pm	Snack Return to Cabins	Snack Return to Cabins	Return to Cabins (10pm)	
10:30pm	Camp Wide Quiet Begins	Camp Wide Quiet Begins	Camp Wide Quiet Begins	

ALL ACTIVITIES OFFERED AT WAHANOWIN MEET OR EXCEED ALL STANDARDS, RATIOS AND GUIDELINES AS STIPULATED BY THE ONTARIO CAMPS ASSOCIATION, OPHEA, TSSA, ROYAL LIFESAVING AND RED CROSS

Activity period are 1 hour in length and Wahanowin provides all the necessary equipment to enable full participation (e.g. helmets, pfd's, tennis racquets, fishing rods, etc.). All activities offered can be tailored to accommodate students as young as grade 1 up through high school age.

Students are divided into groups of 25 students and will be assigned a balanced activity schedule of Creative, Outdoor Recreational and Land Based Programs scheduled for them, plus Ropes and Waterfront if requested, based upon specific school's/school board's permission to include. Wahanowin will offer a swim test to allow for Waterfront participation if requested.

The final four activity periods of the week are Elective Programming, whereby the students select the activities they would like to participate in. They may be from our regular programming or from our expanded arts and sports options.

CLIMB, CO-OPERATE, CONQUER - HIGH/LOW ROPES

Climbing Wall Co-operative Games
High Ropes (Individual and Team Elements)
Initiative Tasks Trapeze Zip Line

High Ropes Options Upon Request/School Permitted

HANDS ON

Beads and Boondoggle Candle Making Copper
Enamelling Hemp Pottery Shrink Art Jewellery

WILDERNESS

Fire Building/Outdoor Cooking Nature Hike
Shelter Building Survival Game Wilderness Training

FIELD, FITNESS AND FUN

Archery Aussie X Capture the Flag Drama
Mountain Biking Tennis Sports Woodworking

ON THE WATER

Canoeing Fishing Sea Kayaking Pontoon Boat Cruise
Stand Up Paddleboarding (SUP) Swimming WaterPark
Waterfront Options Upon Request/School Permitted
Swim Test Must be Completed at Camp

EVENING PROGRAMS

Games (Crazy O, The Amazing Race, Minute to Win It)
Soirée/Talent Show Campfire Carnival Wahapalooza

SPECIAL PROGRAMS AND ACTIVITIES

Electives Flagpole Pre-meal Mix Up Musical Lunches Open Rec Theme Days



WAHANOWIN OUTDOOR ED AND ADVENTURE CENTRE

Sample Menu

	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	<ul style="list-style-type: none"> • Juice, milk and fresh fruit are available at every breakfast • Morning snack of fruit or yogurt served each day • Grains have whole wheat options available • A soup and salad bar is available every lunch and dinner • Fresh baked breads and desserts 	Apple juice Hot chocolate Assorted fruit Hot and cold cereals Yogurt Scrambled eggs Pom poms Lac/Vgn - Bake pom poms, mini bagel, jam, sb pc's GF - Bake home fries	Orange juice Hot chocolate Assorted fruit Hot and cold cereals Yogurt French toast Berries, whip, syrup Sausages Lac/Vgn - Waffle, soy milk GF - GF waffle, cereal	Apple juice Hot chocolate Assorted fruit Hot and cold cereals Yogurt Croissants Sliced tomato, cheese Boiled eggs Lac/Vgn - warm English muffins, jam, sb pc's GF - GF bagel, cereal
	AM Snack Attack →	Yogurt tube	Nectarines	None (Early Lunch)
L U N C H	Tomato soup Salad Bar Grilled cheese Goldfish, kettle chips Dessert dirt Lac/Vgn - refried bean and veggie wraps, lay's chips, soy milk dessert dirt GF - GF grilled cheese, no oreo on dessert	Italian wedding soup Salad Bar Taco seasoned beef Hard and soft shells Quattro-lettuce, salsa, cheese, sour cream Rice krispie squares Halal - ground beef, cookie VegVgn - vegan wedding soup, TVP tacos GF - gf wrap, brownie	Thai chicken soup Salad Bar Chicken fingers French fries Ketchup, BBQ, plum sauce Cones Halal - chicken burger VegVgn - broccoli soup, vegan chick fingers, sorbet GF - GF chicken fingers	Potato leek soup Salad Bar Pizza Chips Brownies Lac/Vgn - garlic bruschetta flatbread, roasted veggie flatbread, oreos GF - GF crust, soup w/GF noodles, brownie
D I N N E R	Salad Roast beef w/gravy Mashed potatoes Corn Marble cake w/icing Halal - beef VegVgn - vegan ground shepherd's pie GF - GF chocolate muffin	Salad Bar Roast chicken - 9cut, drums BBQ, honey garlic Rice Baby carrots Banana cake w/icing Halal - chicken VegVgn - tofu veggie stir fry, Enjoy life cookie GF - rice, banana muffin	Salad Bar Rotini pasta Meatsauce Parmesan cheese Garlic baguettes Honeydew wedges Halal - halal meatballs VegVgn - vegan meatsauce, garlic baguette GF - GF pasta, roll	
	Cereal bar, juice	Lay's chips, juice	S'mores, juicie	← Bedtime Snack

Our menus are carefully planned in accordance to Canada's Food Guide, allergy awareness and popular tastes. We are proud of the meals that we serve and can accommodate most special dietary requests (vegetarian, vegan, lactose intolerant, celiac, religious, etc.).

We do not use foods that contain, "may contain" or are "processed in a plant that uses" peanuts, tree nuts, pork or shellfish
Due to potential cross contamination no foods contain sesame or poppy seeds, although they "may contain"
Outside food is not permitted due to strict allergen protocols
Students or staff with additional dietary restrictions or allergies should contact the camp to discuss

SPECIAL DIET ALTERNATIVES - AVAILABLE UPON REQUEST - MUST SIGN UP AT THE BEGINNING OF THE WEEK

Lac/Vgn - Alternative when main meal is dairy for those who are Lactose Intolerant, Vegan or have a Dairy Allergy |
Veg/Vgn - Alternative for when main meal is meat for Students and Staff who are Vegetarian and Vegan
Halal - When the main meal is meat a Halal option is available
GF - A gluten free alternative is provided those who are Celiac or wheat intolerant



WAHANOWIN OUTDOOR ED AND ADVENTURE CENTRE

What to Pack

To be used as a guideline when packing for camp - please look at the forecasted weather for Orillia for your child's stay and pack accordingly. Programs occur rain or shine so raincoats are mandatory plus a change of shoes, rain boots or hiking boots or cros/sandals suggested

SUGGESTED CLOTHING

- 1 garbage or laundry bag for dirty clothes
- 1 bathing suit (must bring if school is swim testing)
- 2 pairs of jeans or sweat pants
- 3 pairs of shorts
- 2 sweat shirts or sweaters
- 4 T-shirts/long sleeved shirts
- 5 pairs of socks
- Hat - ball cap, sun hat
- Raincoat (mandatory)
- Rubber or hiking boots (mandatory)
- Running shoes
- Underwear
- Warm jacket, gloves, toque
- Warm sleepwear - pajamas or sweats

Bedding

- **Warm** sleeping bag plus a bottom sheet
 - Pillow
 - Blanket
- or
- 2 sheets
 - 3 heavy blankets
 - 1 pillow

Optional Items

- Alarm clock
- Baseball glove, Fishing Rod, Tennis Racquet
- Camera
- Flashlight with extra batteries
- Money for Tuck, to buy camp clothing (\$30)
- Water bottle - refillable

*** Activities occur in all kinds of weather, therefore warm and waterproof outer wear and footwear are essential***

Toiletry Items

- 2 towels
- Toothbrush
- Toothpaste
- Soap in container
- Shampoo, conditioner
- Bottle of sunscreen (15 SPF or higher)
- Insect repellent (w/Deet, for kids)

Items Not To Bring To Camp Same as School Policies PLUS

- Cell Phones (disruptive to experience)
- iPods, iPads (expensive, disruptive to experience)
- Water guns, matches, Swiss army knives
- Food or drinks to be kept in cabin - **Outside Food is NOT permitted at camp** (attracts animals, allergy concerns) - we provide ample food at meals and snack time
- Expensive clothing or equipment

Packing Guidelines

When packing for your child's trip, please keep in mind that a typical week at camp could encompass a variety of weather conditions. Anticipate this by including adequate rainwear and warm clothing. It is better to have them packed and go unused, than go without and be cold or wet! As well, cabins are not heated, so warm sleepwear and bedding are essentials.

We request that you do not pack clothing into suitcases. They require too much storage space and are cumbersome for travelling. We recommend a duffel bag or even a good quality garbage bag for packing. Be sure that all bags have the student's name and group clearly labelled on the outside. Any items that are not packed with clothing (sleeping bag, pillow, etc.) should also be labelled (masking tape works well). Send a couple of extra garbage bags to pack dirty laundry and belongings for the return trip home!