



Académie des langues de Trois-Pistoles

The perfect campers' rules and packing guidelines for *Cap à l'Original* (Cape Moose) Camp

Welcome! Here is the camp's detailed list of required gear for campers, as well as rules and guidelines to follow in preparation for and during the stay at camp.

Communication with your children

Since the camp has only one telephone line which is used for its various camp activities, telephone contact is strictly regulated. If, **for some major reason**, you must speak with you child, call from noon to 1 PM or from 5 to 6 PM. These are mealtimes, so the children are more likely to be available. In case your child is absent (outdoor activities, field trip), leave a message with your name and number and your child will call you back!

Sending letters

At camp, the preferred means of communication between campers and their families is through postal mail. Remember that there is at least two working days before mail is received. A helpful tip is to send a first letter a few days before your child leaves for camp. He/she will certainly be delighted to receive news from home upon arriving at camp.

Suggestion: give your child pre-addressed envelopes.

Some helpful advice

- The child must bring a sleeping bag
- Musical instruments can be brought (using commonsense!). They will be kept in a safe place and will be appreciated during evening activities.
- For obvious reasons, we request that children leave any cutting weapons (i.e., any type of knife) or blunt weapons (i.e., clubs, baseball bats or others) at home.



- The camp is a nature, sea and mountain environment which promotes both the physical and psychological aspects of open-air activities. Any music player (Walkman, CD, MP3, etc) and other electronic gadgets (Game-boys, video cameras, DVD players, etc) **are strictly forbidden**. We ask your help in seeing that these things are left at home. Please note that in order to prevent any disastrous loss or theft, the only cameras allowed are disposable cameras.

Medical certificate and health insurance

A medical exam is not required unless your child suffers from a particular health problem (i.e., asthma, cardiac malformations, epilepsy, chronic illness) or any other recent acute illnesses or injuries (i.e., pneumonia, impetigo, various infections, strain, sprain). If your child falls into the above categories, he should visit a doctor for a complete check-up **30 days** before his departure for camp. In addition, any allergies must be brought to our attention when registering your child for camp or when he checks in at the camp site.

If you have a **family medical insurance** that covers your children's medical costs, the camp needs the company name, insurance number, emergency phone number as well as the policy-holder's name. However, the **camp does have complete medical and accident insurance**. For those from Quebec and other Canadian provinces, we do need your child's health insurance number in order to contact our insurance company. Please send it to us as soon as possible.

Route to the camp

From Montreal and Quebec

- Take Route 20 (A20) East
- Follow A20 to the end (just past Rivière-du-Loup and Cacouna)
- Take route 132 East towards Trois-Pistoles and Rimouski
- Go past the town of Saint-Fabien
- There are two possible entrances

Cap à l'Original sector entrance 1, turn left off route 132 through camp entry gate and continue about 2 km (shortest way) to arrive at the camp site.

Rivière Sud-Ouest sector entrance 2, continue along route 132 about 3 km and turn left at the main camp entrance at Rivière Sud-Ouest.

Continue another 5 km (longer way) to arrive at the camp site.



Arrival and Departure

Campers should arrive between 3 and 4 PM on Sunday. Your child's baggage should be left at administration when you check him in. Children should not bring any money or snacks with them.

At departure time, the parents must come to pick their children up on Saturday between 3 and 5 PM. If, for some major reason, you plan to arrive later, please let camp management know when your child is checked in upon arrival at camp.

Protect against the sun

As advised, your child should arrive at camp with a good sunscreen (**15 to 30 spf**). Get them used to using it at home before leaving for camp and our reminders will carry more weight. We also check to see that the children wear hats and cover their arms during prolonged exposure to the sun.

Bathing suits

Two-piece suits are acceptable, bikinis are not. Camp management will, if a two-piece does not conform, buy another suit for your child and bill you for it. Below are three acceptable models for girls' swimming suits. The suit bottom can be a shorts style cut.

For boys' swimming suits, there must be a mesh undergarment.

Smoking at camp

The camp offers a non-smoking environment, so campers are absolutely forbidden to smoke. In addition, anyone found in possession of tobacco, drugs or alcohol is open to consequences which may go as far as being dismissed from camp.

Camper's gear

A few guidelines

All clothes and other items must be identified with the child's full name. The following list is a guide and for those children **staying at the camp for 5 nights**. Those staying longer can make appropriate adjustments. Things should be packed in sports bags or backpacks and not in suitcases, if possible.



1. (For Canadians) Provincial Health Insurance cards to be turned in upon arrival.
2. A sufficient number of cotton socks and wool socks (1 or 2 pairs)
3. Enough undergarments.
4. T-shirts or short-sleeved shirts (4 to 6)
5. Shorts, long sport pants (sweat pants, fleece or nylon)
6. A pair of jeans
7. An old T-shirt and shorts which can get wet or dirty
8. Warm sweaters with hoods, if possible (1 or 2)
9. Two pairs of running shoes, one of which can get wet
10. A raincoat and rubber boots for rain
11. A spring or fall coat
12. Hat or baseball cap
13. Swimming suit (in accordance with acceptable suggestions)
14. One or two pajamas
15. Shower sandals
16. Washcloth and towels
17. Soap and shampoo (bio-degradable, if possible)
18. Toothbrush, toothpaste and other personal hygiene items
19. Insect repellent
20. Sunscreen (between 15 and 30 or more UV protection)
21. Sleeping bag and pad for camping
22. Pillowcase (pillows furnished)
23. Flashlight
24. Water bottle or canteen
25. Medicines, if necessary, to be handed over upon arrival at camp

...and of course an eagerness for adventure. Enjoy your stay at Cap à l'Original (Cape Moose) Camp!

