



YMCA  
Camp Elphinstone

## Off to Camp Guide: Family Camp



Keep Our Promises | Put People First | Lead by Example | Do the Right Thing

## Our Mission:

YMCA BC is a charity committed to building thriving, healthy and vibrant communities.





## Welcome to YMCA Camp Elphinstone!

Dear Families,

Thanks for choosing the YMCA for your family's camp experience—we look forward to having you! Whether it's your first time coming to Family Camp or if you've been a regular visitor for years, please read through this guide carefully. This guide contains vital information regarding your upcoming trip and some new information for this year's Family Camp sessions taking place Aug. 25-28 and Oct. 11-13.

Talking to your family about their upcoming adventure is an important step in ensuring a positive experience for everyone involved. We believe that a rewarding camp experience starts with communication and preparation. We expect all family members to abide by the YMCA core values of Do the Right Thing, Put People First, Lead by Example, and Keep Our Promises throughout their time at camp.

We hope to answer many of your questions in this guide, but should you have any further questions about your family's upcoming camp experience, please contact us. Early communication allows us to address questions and concerns before you arrive at camp, ensuring an easy transition on the first day. We will communicate with your family prior to the start of camp to share additional details on what to look forward to and expect.

We look forward to meeting your family and creating some lasting family memories.

Sincerely,

YMCA Camp Elphinstone Staff Team

### **YMCA Camp Elphinstone**

1760 YMCA Road

Gibsons, BC, V0N 1V6

T: 604.886.2025

F: 604.886.2363

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## Camp Activities

Families will have an opportunity to participate in a variety of camp activities. All activities are age-appropriate and participation is based on the size, skill, and safety of the participants. YMCA staff will provide family and kids-only programming in the mornings and afternoons. There will be a schedule given to each family upon arrival. Parents should also be aware that unless their child is participating in a kids-only activity supervised by a YMCA staff member, during all other times of the day, parents are responsible for supervising their children. Your family will have an opportunity to participate in activities such as:

### **Waterfront**

Canoeing & kayaking  
(*all seasons*);  
swimming, voyageur canoeing &  
stand-up paddleboarding  
(*summer only*).

### **Creative and Environmental**

Arts & crafts, campfires,  
discovery hikes, nature walks to  
"Big Tree."

### **Land Sports and Challenges**

Archery, low & high ropes courses,  
rock climbing, basketball, gaga  
ball, volleyball and tetherball.

### **Outdoor Living Skills**

Shelter building, fire building &  
orienteeing (*all seasons*); canoe  
trips, backpacking/hiking trips &  
outdoor cooking (*summer only*).



## Typical Day at Family Camp

8:00 a.m.	Breakfast
9:15 a.m.	Activity Block 1
10:30 a.m.	Activity Block 2
12:00 p.m.	Lunch
1:00 p.m.	Rest & Digest (Tuck Shop will be open)
2:00 p.m.	Activity Block 3
3:15 p.m.	Activity Block 4
5:00 p.m.	Dinner
6:15 p.m.	Evening Program
7:30 p.m.	Campfire
8:30 p.m.	Snack
9:30 p.m.	Adult Social

*\*\* Sample schedule only; subject to change.*



## Facility Information and Helpful Tips

### Showers/Washrooms

YMCA Camp Elphinstone has lodges with excellent shower and washroom facilities. Each lodge has four private bathrooms (shared among eight guest rooms). All cabins have separate washroom and shower facilities (with 12 showers per gender available). An additional all-gender shower is located in our Wellness Centre.

### Laundry

Laundry facilities are not available on-site. In case of emergencies, we are happy to direct you to the nearest laundromat.

### Tuck Shop

Families will have access to the YMCA Camp Elphinstone tuck shop during their time at camp if supplies allow. Our tuck shop stocks a number of clothing items, memorabilia and healthy snacks ranging in price from \$2 to \$60. Purchases can be made by credit card or cash.

### Phone

Cell phone service is inconsistent but available on-site. You may need to search for a signal, but we have found that all major carriers have some level of signal available. In case of emergencies, please advise your friends and relatives to call the camp office at 604-886-2025. Any messages left will be relayed to you as soon as possible.



## Recommended Packing List

When preparing for camp, be sure to consider the length of your stay, time of year and the activities that your family may participate in. Our camp programs continue despite the occasional rainy day. For your family's comfort and well-being, please come prepared for the weather.

The luggage you transport your belongings in does not need to be expensive—backpacks are ideal, hockey bags, duffels, old suitcases and big laundry bags are fine too. We kindly ask that you do not pack items in garbage bags as they rip easily and can be mistaken for garbage. Below you will find some recommended packing lists for equipment, clothing and toiletries.

### Equipment

- Sleeping bag (warm, preferably synthetic fill)
- Pillow & pillow case
- Flashlight (with extra batteries)
- Travel coffee mug
- Sheet for mattress (optional)
- Extra blanket (optional)
- Water Bottle

### Clothing

- Socks & Underwear
- Shorts, T-shirts, pants & sweaters
- Waterproof rain jacket and pants (camp activities happen rain or shine!)
- Shoes (one pair of running shoes and one pair that can get wet. Participants must wear closed-toed shoes on the rock-climbing wall and ropes courses.)
- Water Shoes (required for waterfront activities)
- Pajamas
- Swimsuit
- Rubber boots
- Towels (one large, one small)
- Hat (for sun and rain)
- Toque (optional)

### Personal Items

- Soap & Shampoo (\*\*biodegradable)
- Toothbrush & Toothpaste
- Comb or Brush
- Insect repellent (no aerosols)
- Sunscreen (minimum SPF 30)

*\*\*All soap products (shampoo, soap and conditioners) used at YMCA Camp Elphinstone are recommended to be biodegradable, as our water is treated and returned directly to the ocean. We need your help to protect the environment—our water system works best and operates cleanly when all soap products used are biodegradable.*

## Optional Items

- Fitted single-bed sheet
- Blanket
- Writing paper or journal
- Musical instrument
- Books
- Camera
- Facemask (not required, reusable preferred)

**Please do not bring any of the following items:** Matches, firearms, knives, hatchets, tobacco, vaping devices, non-prescription drugs, video games, portable radios, iPods, laptops, expensive watches or jewellery. Food, candy and gum should also be left at home, as they attract animals.

Adults may bring alcohol to enjoy during the Adult Social event. Consumption will be permitted only in Exploration Hall at the time of the social.

## Lost and Found

If you would like to inquire about a lost item, please email us at [camp.elphinstone@bc.ymca.ca](mailto:camp.elphinstone@bc.ymca.ca) with "Lost & Found" as the subject line, and include the camper's full name, session and description of the lost item(s).

Unclaimed lost items will be held for one week after the last day of the camp season, after which they will be donated. The YMCA is not responsible for lost, damaged or stolen items. We recommend that you label all of your family's belongings to decrease the chance of any items becoming misplaced during your visit.



**Heat Room** *(please read the following information carefully):*

Due to the widespread issue of bed bugs in the Lower Mainland, all bags and personal belongings arriving at YMCA Camp Elphinstone must pass through a heat treatment process, which eliminates the concern of bed bugs spreading to our facilities or to your home. Our specially constructed heat treatment room warms bags to 60 degrees Celsius (about the temperature of a clothes dryer) which ensures that any bed bugs and/or eggs that may be contained in participants' belongings are killed prior to moving into cabins.

Although the heat treatment is safe for most items, a few items should not pass through the heat treatment room as it may cause damage. The following items should not be heated:

- Plastics (such as toiletries and cosmetics)
- Cameras
- Any electronics, aerosols, candles/wax or food (which should be left at home)
- Medicines
- Photographs
- Rubber boots

**All items that should not be heated must be packed in a Ziploc bag and placed at the top of the camper's luggage so it may be removed prior to treatment.**

Please ensure Ziploc bags are well labelled with your child's name and session. We appreciate your assistance in making heat treatment an efficient process.





## Health & Safety at Camp

An enjoyable experience begins with a healthy participant. Your child's good health—physical, social and emotional—is very important to us. Our programs emphasize careful planning to ensure high safety standards are in place. We are a member of the British Columbia Camps Association and many of our YMCA practices exceed the BCCA standards.

Staff are trained to reduce the risk of and respond to emergencies. All staff hold current CPR and First Aid certifications and all waterfront staff are certified lifeguards (NLS). Depending upon their role at camp, many staff possess additional qualifications.

**All campers and staff must wear personal floatation devices (PFDs) during waterfront activities at all times, including while in boats, on paddleboards and while swimming. Swim testing and bracelets will not be implemented as in past years. All PFDs are provided at camp.**

The health and safety of your child is our first priority. We comply with various health and safety regulations and industry standards to ensure a safe environment.

**Complete Health & Safety information can be reviewed by visiting our [Overnight Camps page](#).**

**Dietary Restrictions:**

At Camp Elphinstone, we take all camper dietary restrictions seriously and provide appropriate alternatives at each meal served where required. We take every step in offering and informing campers of the alternatives made available to them at each meal.

Prior to your child's camp session, it is important to talk to them about the following:

- It is the camper's responsibility to ensure they are following their required diet.
- If they have any questions or concerns regarding the food provided at camp they should speak to a YMCA staff member right away.

If you need to review or edit your camper's dietary needs, you can do so through your YMCA Community Portal profile at [myymca.ca](http://myymca.ca), or by contacting our registration team at [camp.elphinstone@bc.ymca.ca](mailto:camp.elphinstone@bc.ymca.ca).

Camp staff may contact you by email to collect additional information about your Family Camp group's needs prior to arrival. Please complete any information requests at your earliest convenience to help ensure a great camp experience.



**Accessibility at Camp:**

The YMCA welcomes children of all abilities to our programs. Camp Elphinstone staff are trained and able to assist campers with physical and developmental disabilities. In the event that your child requires one-on-one support, one of our Inclusion Counsellors will be assigned to ensure your child's needs are met. Our Inclusion Counsellors will help modify and adapt programming to ensure your child is included and integrated into the Camp Elphinstone experience. If your child requires one-on-one support while at camp, please contact us prior to arrival to discuss how we can best support your child.

**Inclusion at Camp:**

Recognizing that prejudice, discrimination, and stereotyping are prevalent through society, we are dedicated to the creation of a safe, secure space for those seeking services with us. It is the policy of YMCA Camp Elphinstone to maintain and promote a facility that provides the highest quality of services to our campers regardless of their actual or perceived gender identity or sexual orientation. We encourage parents/guardians of any transgender, trans\*, and gender non-conforming campers to contact the Camp Director to discuss the commitments to inclusion made by YMCA Camp Elphinstone and how we can best welcome and support your camper.

**Camp Behaviour Policy****Camper/Family Dismissal:**

If a situation arises where a family member threatens the safety of another family member or if a family member shows a complete disregard of camp rules, that individual or family may be dismissed at the discretion of the Camp Director/Manager. The family is responsible for any costs associated with that individual's or family's dismissal and no refund will be given if the dismissal is due to behavioral reasons or concerns.

**Possession of Illicit Substances:**

Smoking, vaping or vaping devices, and the consumption or possession of non-prescription drugs are not permitted on YMCA property. Any family member who disregards this policy will be automatically removed regardless of circumstance or degree of participation.





## Transportation – Getting to Camp

BC Ferries operate various sailings that run between the Horseshoe Bay and Langdale ferry terminals throughout the day. A current ferry schedule is available at [www.bcferrys.com](http://www.bcferrys.com) or by calling 1-888-BC-FERRY. Please note that ferry times are subject to BC Ferries sailing schedule and may change. As such, the YMCA Camp Elphinstone team will confirm the sailings that best align with our Family Camp schedule in a pre-arrival email. If you prefer to walk onto the ferry rather than drive, a free shuttle service to camp is available from the Langdale Ferry Terminal. If you require shuttle service, please indicate this and your sailing time on the form provided within your pre-arrival email.

**Please do not arrive before 3:00 p.m. on the first day of your Family Camp session** as the cabins and lodges will not be prepared prior to this time. We recommend that you arrive around 3:00 p.m. to get the most out of your camp experience. Review your pre-arrival email for more details.

Please be reminded that lunch will not be served on the first day of your camp session.

**All families must be prepared to leave by 12:30 p.m. on the final day.** The ferry shuttle will depart YMCA Camp Elphinstone at that time.

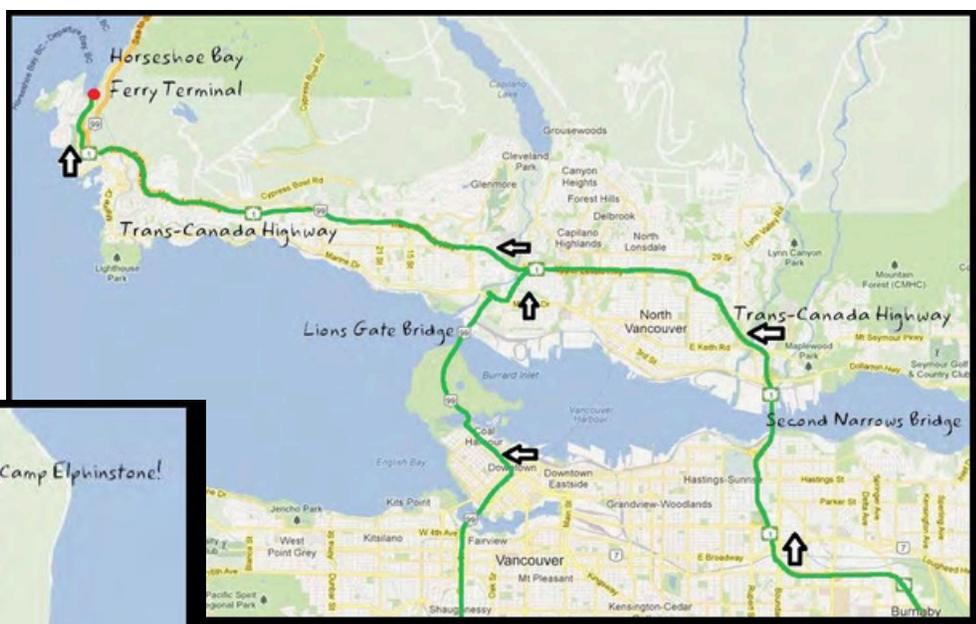
## Directions to YMCA Camp Elphinstone

YMCA Camp Elphinstone is located on the beautiful Sunshine Coast, only a 40-minute ferry ride from Horseshoe Bay in West Vancouver.

To get to Horseshoe Bay Ferry Terminal, take Highway 1 westbound from Vancouver and follow signs for Horseshoe Bay. If your child is taking the ferry with camp staff, they will be signed in and out in the walk-on passenger area (there will be staff and signage to help direct you to the right location).

YMCA Camp Elphinstone is a two-kilometre walk or a three-minute drive from the Langdale Ferry Terminal. McNabb campers will be driven from the ferry terminal to camp in one of our camp vehicles; older campers will be led by staff along the walk to Camp Elphinstone.

If arriving in a vehicle, turn right at the lights after departing the ferry terminal and follow Port Mellon Highway to YMCA Road, which is the first road on the right. Follow YMCA Road until you see the YMCA Camp Elphinstone sign. Check in at the Welcome Centre parking lot, just a little further down from the welcome sign.



### Need more information?

If you still have questions please reach out to us and we'll be happy to answer your questions.

E: [camp\\_elphinstone@bc.ymca.ca](mailto:camp_elphinstone@bc.ymca.ca)  
T: 604.886.2025