



YMCA
Camp Elphinstone

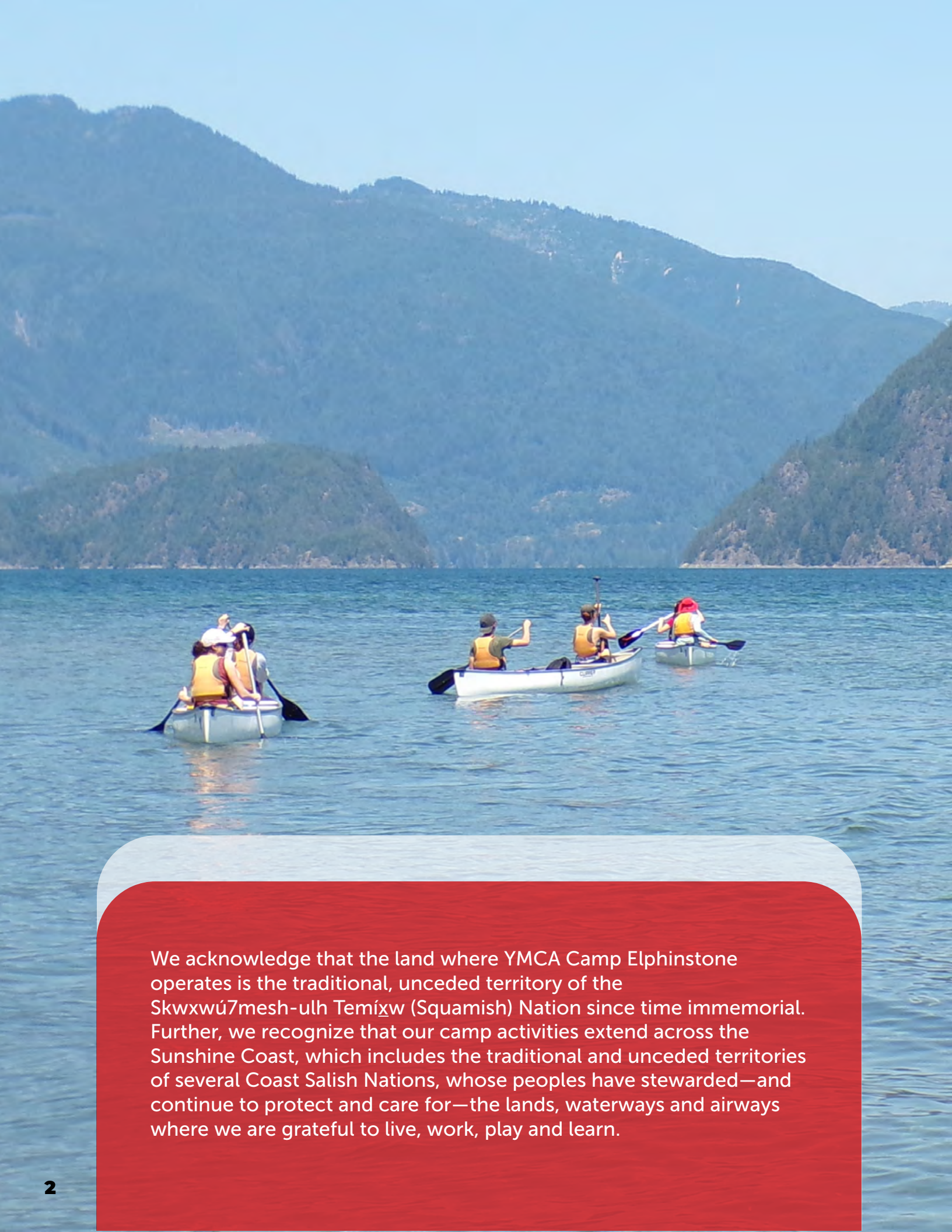
2025 Off to Camp Guide

Family Camp Program



Shine On



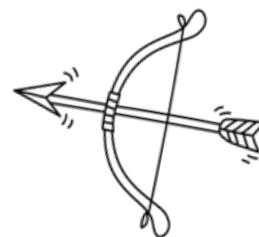
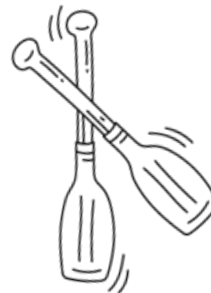


We acknowledge that the land where YMCA Camp Elphinstone operates is the traditional, unceded territory of the Skwxwú7mesh-ulh Temíxw (Squamish) Nation since time immemorial. Further, we recognize that our camp activities extend across the Sunshine Coast, which includes the traditional and unceded territories of several Coast Salish Nations, whose peoples have stewarded—and continue to protect and care for—the lands, waterways and airways where we are grateful to live, work, play and learn.

Table of Contents



4	Welcome Letter
5	Expectations at Camp
6	Packing & Preparing for Camp
8	Heat Room
9	Camp Activities
11	Health & Safety
13	Behaviour Guidelines
15	Tuck Shop & Facility Info
16	Transportation
17	Camp Map



Welcome Letter

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, as it contains vital information regarding your upcoming trip and some new information for this year's Family Camp sessions taking place Aug. 24-27 and Oct. 10-12.

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 our How We Treat Each Other pledge 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 lasting family memories. Welcome to YMCA Camp Elphinstone!

Sincerely,

Pete Carson
Director, Camping and Outdoor Ed.
YMCA BC

Madeleine Ghosh-Logan
Manager, Summer Camp
YMCA Camp Elphinstone

Sandford Hubbard
Asst. Mgr., Summer Camp
YMCA Camp Elphinstone



Expectations at Camp



YMCA BC Camping and Outdoor Education

Commitment Statement

At YMCA BC Camps we provide a fun, welcoming and inclusive community where campers feel safe, build friendships, embrace challenges and develop independence. Through adventures in nature and on the water, we inspire a love for the outdoors and a respect for the world around us.

How We Treat Each Other

Honesty | Responsibility | Respect | Caring | Inclusivity

What Camp Delivers

Fun | Safety | Friendship | Belonging | Personal Growth | Natural World | Life Needs | Place to Return

YMCA BC's Vision, Purpose and Values

Purpose: We envision vibrant, healthy and inclusive communities for all.

Vision: We ignite belonging by enabling everyone in our communities to have equitable access to healthier outcomes.

Values: We are Inclusive, Supportive, Innovative & Accountable.

Packing & Preparing for Camp



When packing for camp, be sure to consider the length of your stay, the time of year and the activities in which your family may participate. 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, while hockey bags, duffels, old suitcases and laundry bags can work well, too. We kindly ask that you do not pack items in garbage bags, which are easily ripped and can be mistaken for garbage. Please read on for our list of recommended items to pack for each camper.

Clothing

- Socks & Underwear
- Shorts, t-shirts, pants & sweaters
- Shoes (one pair runners, one pair that can get wet; closed-toed shoes required for climbing wall and ropes courses)
- Waterproof rain jacket & pants (activities proceed rain or shine!)
- Water shoes (required for waterfront activities)
- Pajamas
- Swimsuit
- Rubber boots
- Hat (for sun & rain)
- Toque (optional)



Bedding & Equipment

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

Personal Items

- Toothbrush and toothpaste
- Comb or brush
- Insect repellent (no aerosols)
- Soap and shampoo (**biodegradable*)
- Towels (one large, one small)
- Sunscreen

**All soap products (shampoo, soap and conditioners) 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 soap products used at camp are biodegradable.*

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

Lost and Found: If you would like to inquire about a lost item, please email us at camp.elphinstone@bc.ymca.ca with "Lost & Found" as the subject line, and include your 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



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)
- Any electronics, aerosols, candles/wax or food (which should be left at home)
- Medicines
- Photographs
- Rubber boots
- Cameras

All items that should not be heated must be packed in a Ziploc bag and placed at the top of the luggage so it may be removed prior to treatment. Please ensure Ziploc bags are well labelled with your family's name. We appreciate your assistance in making heat treatment an efficient process.

Camp Activities



YMCA Camp Elphinstone has many exciting activities to offer. All activities are age-appropriate and participation is based on the size, skill and safety of the campers.

In the lead-up to your Family Camp session, your family will be provided with a form on which they will rank the camp activities in which you would like to participate.

A schedule will be given to each family upon arrival. Please note that parents are responsible for the supervision of their children when not engaged in camp activities.

We're pleased to advise that our dock and pier will be accessible for the 2025 season; we are looking forward to using these structures for our waterfront activities this summer and fall.

Please note that as some activities are limited to the summer season and will not be offered during Fall Family Camp. Activities that are limited to the Summer Family Camp session only are indicated on the following page. Fall Family Camp also has some exclusive offerings, including a traditional Thanksgiving dinner prepared by Camp Elphinstone's chefs, and the Great Pumpkin Drop—an annual favourite!



Land Sports and Challenges

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

Waterfront

Swimming*, canoeing, kayaking, stand-up paddleboarding* and big canoeing*.

**Indicates activities exclusive to Summer Family Camp*

Outdoor Living Skills

Canoe trips*, backpacking/hiking trips*, shelter building, fire building and orienteering.

Creative and Environmental

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



Health & Safety



An enjoyable experience begins with healthy participants. Your family'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 an Accredited Camp with 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 activities are supervised by staff with a valid lifeguard (NLS) certification. 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 on boats, paddleboards and while swimming. Campers can undergo swim testing if they so choose; those who complete the test successfully will not be required to wear a PFD/life jacket during swim time.

The health and safety of your family 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 Camp page](#).



Illness at Camp:

Parents are asked to keep family members home from camp until they are fully recovered from an illness (24-48 hours after last incidence of fever, vomiting, or diarrhea). This prevents the spread of viruses and other communicable diseases. Campers should only return to camp once they are prepared and able to actively participate in all camp activities.

Head Lice:

Please be sure to check all family members for lice prior to the start of their Day Camp session. If lice or nits are found by our staff, your camper will not be permitted to come to camp until they are nit-free. Ideally, it takes 7-8 days to effectively kill/remove lice and nits, so we suggest checking your family members' heads at least one week prior to arrival and then again the day before you arrive at camp.

If you don't know how to check for head lice, please talk to your family doctor or a public health nurse. Although lice do not carry disease and are not considered "dangerous," they are a nuisance! Please help us keep our camp a lice-free zone. If lice or nits are found by our staff upon arrival and your family member is not permitted to come to camp, there will be no refund provided.

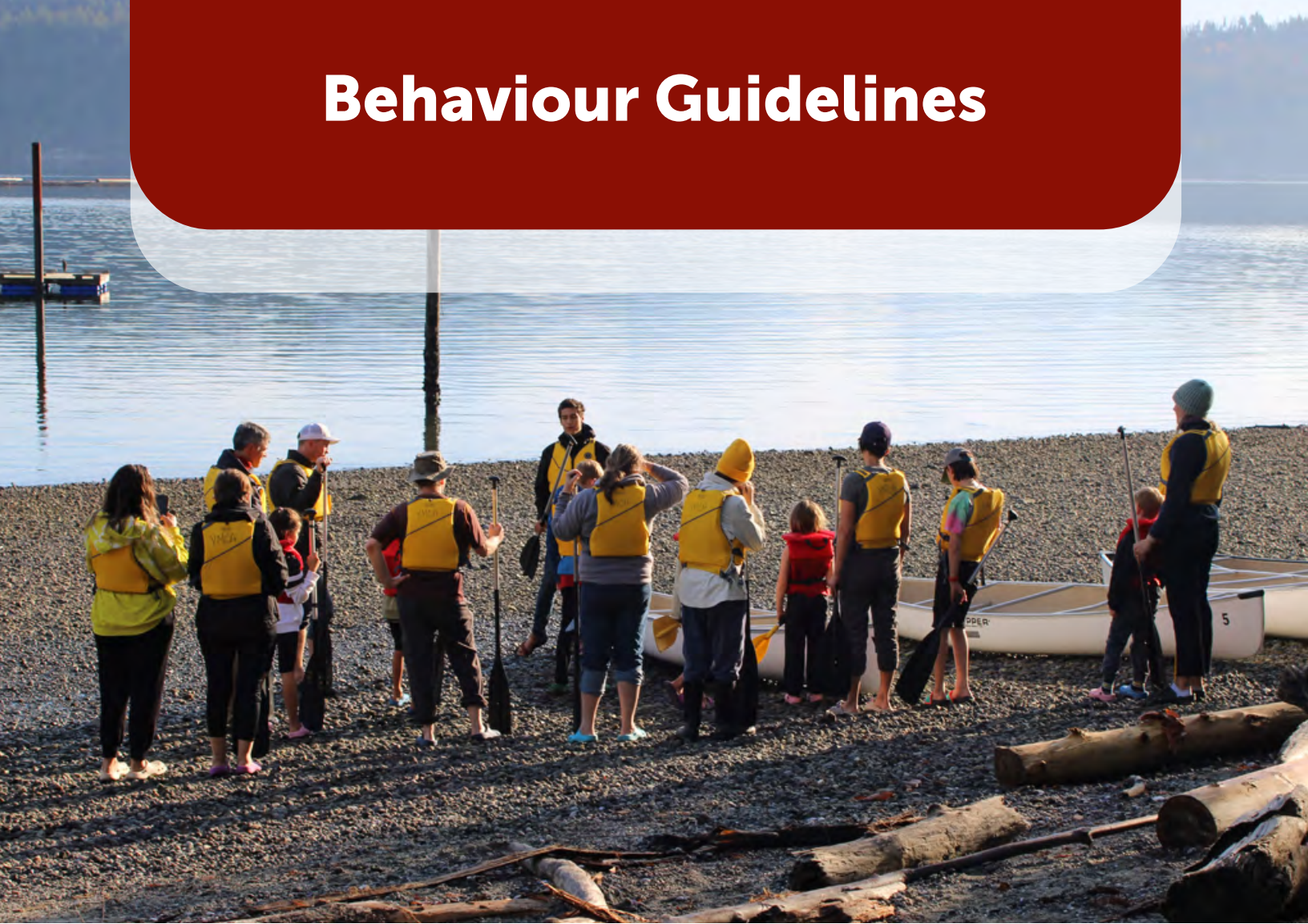
Dietary Restrictions:

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 at each meal. If you have any questions or concerns regarding the food provided at camp, please speak to a YMCA staff member right away. If you need to review or edit your family's dietary needs, you can do so through your CampBrain account, or by contacting our registration team at camp.elphinstone@bc.ymca.ca.

Camp Inclusion Statement

At YMCA Camp Elphinstone, we are committed to Equity, Diversity, Inclusion, and Belonging (EDIB). This includes creating inclusive spaces and programming for everyone who comes to camp, where we celebrate and value all backgrounds and identities. [Learn more about our commitment to EDIB here.](#)

Behaviour Guidelines



Behaviour Guidelines

YMCA Camp Elphinstone strives to be a place where campers come to learn and thrive in a safe, fun and supportive environment. All camp participants, staff, and volunteers pledge to follow the 'Ways we Treat Each other'. Inappropriate behaviour, including but not limited to offensive language, aggression, bullying, or use of prohibited items such as tobacco, vape juice, alcohol, non-prescription drugs or offensive materials will not be permitted.

To ensure a safe and inclusive environment for all campers, any intentional participant behaviour that puts other campers, volunteers, staff, or others at physical or emotional risk may result in immediate dismissal from the camp program. Any expenses incurred as a result of program dismissal will be the responsibility of the camp family. No refund will be given to families leaving camp prior to the end of the session due to non-tolerated behaviour.

Non-tolerated behaviour includes but is not limited to, offensive language, teasing or bullying, Vandalism, angry or rude outbursts, ignoring camp rules or boundaries set by camp staff, running away, and hands-on with campers or staff and/or physical fighting.

There are different tolerance thresholds for different non-tolerated behaviours and there is nuance when making the decision to dismiss a camper from camp programming. Dismissal from camp programming is at the discretion of the Summer Camp Manager, Camp Director, or designate.



Camp Technology Policy

We strive to provide a fully immersive camp experience. As such, Camp Elphinstone is a no-technology environment. All camp participants, staff, and volunteers are expected to follow our no technology policy. We ask that all camper leave at home all their technology devices including, Cellphones, smart watches iPods, iPads, cameras, speakers, and gaming devices. If you have concerns about not being able to contact your camper at Camp, please contact us and we can develop a communication plan that works for you and our staff team. We believe that the use of technology inhibits the camp experience, and we want camp to be a place where everyone can disconnect from technology, reconnect with friends and experience the full beauty of the outdoors.

Family Commitment

We want to be Campers at YMCA Camp Elphinstone. We agree to follow 'The Ways we Treat Each Other' while in camp programming. We understand that failure to live up to this Commitment may mean that our family is set home from camp.

As a family we have discussed the Camp Behaviour Guidelines, Technology Policy and the Family Commitment confirm that we all agree to cooperate in the camp experience, to follow safety instructions, and refrain from behaviour that is harmful or disruptive to themselves or others. We understand that camp prohibits inappropriate language and behaviour, or the use of tobacco, alcohol, or non-prescription drugs and acknowledge that their use is cause for my camper to be sent home without refund of camp fees.

We understand that as we are expected to follow the camp guidelines, as are other families and we can expect fair and respectful treatment from other participants, volunteers, and staff.

We also understand that if anyone in our family is dismissed from camp programming we will be required to leave camp immediately, organising our own transportation at our own cost.

Tuck Shop & Facility Info



Our Tuck Shop provides a great opportunity for campers to take home camp merchandise or souvenirs of their camp experience. All campers have an opportunity to visit our Tuck Shop with their group at least once a week. Items you might find in the Tuck Shop include T-shirts, sweaters, hats, water bottles, stickers, and more!

Families can add credits to their CampBrain account prior to the start of their session for campers to spend at the Tuck Shop. If you did not complete this at the time of registration, you can do so by logging into your account. Click “View Details” on your camp session to reach the Registration Summary page, where you will find a Tuck Shop section. Click the “Add Funds” button to purchase credits. Unused credits will be refunded to families at the end of the camp season.

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.

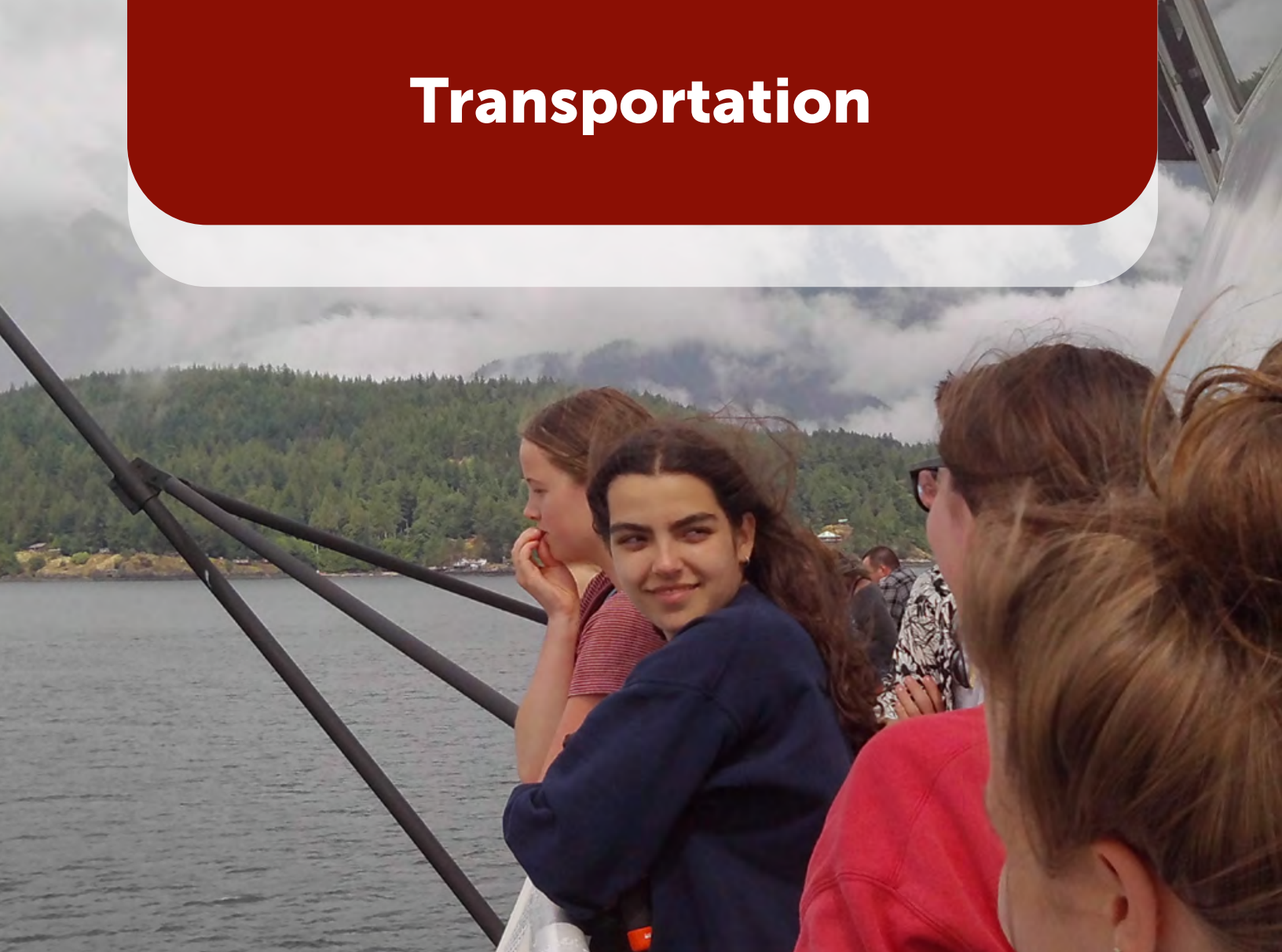
Laundry:

Laundry facilities are not available for general use. Please speak with camp staff in the event of any relevant emergencies.

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 service available. In case of emergencies, please advise your friends and relatives to call 604-886-2025. Any messages will be relayed to you as soon as possible.

Transportation



For your arrival and departure, BC Ferries operates various sailings that run between the Horseshoe Bay and Langdale ferry terminals throughout the day. Current ferry schedules are posted at www.bcferries.com. Please note that ferry schedules are subject to change. As such, the Camp Elphinstone team will confirm the sailings that best align with your Family Camp session in a pre-arrival email. Please note that ferry fares are not included as part of your registration fee.

Please be reminded that, when registering, you indicated if your family would provide its own transportation to camp or if you required shuttle service to and from the Langdale Ferry Terminal. If you need to make a change to this selection, please contact us at 604-886-2025.

Arrival & Departure

Please do not arrive any earlier than 3:00 p.m. on the first day of your Family Camp session, as cabins and lodges will not be prepared to welcome campers before 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. Dinner will be the first meal served on the first day of your 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.



YMCA Camp Elphinstone

