

CAMP CHINOOK 2010



JUNE 25-29



Your Word is a lamp to my feet and a light for my path. Psalm 119:105

Parents to drop-off & pickup. Times (TBA)
Where: Monarch River Valley West of Lethbridge
Map to follow once details worked out.

Please make sure that all information is filled out properly. This is very important for us to put on a proper camp. Parent's or guardian's signature as well as the camper's signature are needed.

Please note that all camp registration forms must be in by April 15, 2010, along with payment of \$65.00, per camper. Make cheque payable to West Winds Cadet Club. Note, there will be a \$5.00 late charge for registrations received after April 15, 2010.

Mail completed registration forms to:
West Winds Council
C/O Ken Van Hill
244 Stafford Blvd. N.
Lethbridge, Alberta
T1H 6K8

Campers Last Name: _____

First Name: _____

Club Name: _____

Camp Chinook 2010 Registration

I, _____, the parent or legal guardian of _____ (the "Child"), do hereby agree that,

as consideration for participation by the Child in the programs or activities offered by West Winds Council, the use of any facilities owned or occupied by West Winds Council, or the provision of transportation to or from such programs or facilities, I do hereby assume on my own behalf and on behalf of the Child, all risk of personal injury, death or property loss resulting from any cause whatsoever including but not limited to the inherent risks of traveling to or from such programs or facilities or playing or participating in games and activities and I do hereby release West Winds Council, its agents, volunteers, staff, and instructors from any and all claims that I or the Child may have for personal injury, death or property loss whether based in negligence or not.

I, the undersigned, agree that West Winds Council, its agents, volunteers, staff, instructors, shall not be held liable for such personal injury, death or property loss and I waive all claims with respect thereto. I have read and I agree with the foregoing. I am aware and acknowledge that the liability of West Winds Council for any claims that I may have in my own right or on behalf of the Child are excluded by the terms of this waiver. My child will abide by camp rules (Christian conduct is expected and encouraged) or be denied participation and be picked up by me; upon notification by the Camp Director.

Dated at _____, in the Province of Alberta,
this _____ day of _____, 2010,

Signature: _____

Parent or Legal Guardian

To be signed by the Camper:

I agree to the rules and the consequences of breaking the rules that will be established at the camp.

I will try and have the best time I possibly can at camp.

Signature of Camper _____

Date _____

Campers Last Name: _____
First Name: _____
Club Name: _____

Medical Release

To the best of my knowledge, the camper is in good health and fully able to participate in the camp program (except as listed). I hereby give permission for authorised camp personnel to administer medications to my son as deemed medically necessary. In case of medical emergency, I hereby give permission to contact appropriate medical professionals to provide necessary treatment. Please note – West Winds Cadet Council will contact the parent or guardian as soon as possible.

Parent/Guardian Signature:

Date:

In an emergency: () administer first aid; by certified first aider, or () refer/transport my child to a medical facility.

My child does NOT () suffer from any chronic illness or allergies. If yes check here (); give details below.

Comments give details re health, allergies, and other info.

Allergies

Penicillin

Bee sting

Other drugs:

Animals:

Foods:

Others

Carries Ana Kit: Yes

No

Carries Epipen: Yes

No

Family Doctor's Name _____
Telephone of Doctor's Office _____

State any emotional concerns that may be useful to the camp caregiver:

Describe any treatments or special medications to be given at camp:

If you are sending medication, label it with the following:

Medicine Type, Camper's Name, Dosage, Name of Medication, & when to be administered.

List any restrictions to camp activities:

Campers Last Name: _____
First Name: _____
Club Name: _____

Date of Birth (YY/MM/DD) _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Home Telephone: () _____

Father's Business # () _____

Mother's Business # () _____

Health Card Number: _____

Emergency Notification

Name of Person: _____

Relationship: _____

Evening Phone #: _____

Day Phone #: _____

Please use one registration form per child.

All Information will be kept confidential

**Camp fees are \$65.00 per registered Campers,
Note late charge of \$5.00 will be added after April 15, 2010**

**Please Mail Registration forms to
West Winds Council
C/O Ken Van Hill
244 Stafford Blvd. N
Lethbridge, Alberta
T1H 6K8**

Detach this List and keep on hand for your use!

Individual Equipment and General Provisions List:

- ___ Bible, notepad, pen or pencil
- ___ Cadet uniform for Sunday Morning Church Service
- ___ Small packages of Kleenexes or handkerchiefs
- ___ Any medication needed on a regular basis
- ___ 1 complete change of clothes for at least every 2 days spent at camp
- ___ 1 complete change of clothes that can get wet or dirty during water games
- ___ Sleeping bag (20 to 30 degrees comfort rating) (extra blankets)
- ___ Sleeping pad
- ___ Towel & wash cloth
- ___ Rain jacket, hat and pants, or a poncho will do
- ___ Footwear, suitable for hiking, (no sandals allowed) hiking boots (waterproofed) and 1 pair running shoes (extra laces for both)
- ___ Warm jacket or polar fleece jacket
- ___ One full set of warm clothes (long sleeved shirt)
- ___ Summer jacket
- ___ Warm jacket or sweater
- ___ At least three pairs of warm socks
- ___ Shorts
- ___ Long pants
- ___ T-shirts
- ___ Insect protection (non aerosol)
- ___ Personal hygiene kit/toilet kit and towel, (biodegradable soap in container, biodegradable shampoo, biodegradable toothpaste)
- ___ Sunscreen/sun block (non aerosol)
- ___ Hat, for sun protection – wider brims are better
- ___ Toque or winter hat
- ___ Pair of gloves or mitts
- ___ Mess kits, plate, bowl, cup (suitable for hot beverage), fork, knife and spoon.
- ___ Canteen or water bottle with watertight lid (a 1 litre pop bottle works well)
- ___ Clear garbage bags (double as rain gear and somewhere to put dirty clothes) and various size zip lock bags (green garbage bags get mistaken for “real” garbage)

Optional items may include:

- ___ Sunglasses
- ___ Swim suit
- ___ Cameras
- ___ Binoculars
- ___ Waterproof wristwatch
- ___ Flashlight/headlamp and spare batteries
- ___ Compass
- ___ Back pack, day pack, or a Fanny pack
- ___ Whistle
- ___ Lip cream & hand cream
- ___ Pillow (note: send a pillowcase only, then the cadet can put a jacket or clothing in it at night as a pillow), extra blanket.
- ___ Musical instruments

Note: No electronics will be allowed in Camp.

Air mattresses are not a good idea since they keep cold air next to the body. A self-inflating sleeping mat is better. Lightweight, water resistant, fast drying hiking shoes or boots are ideal for rugged day treks as well as for around camp. They are considerably more comfortable and pack easier than heavy lug-soled boots. Ankle support is crucial to prevent sprained ankles. Any repellent when the bugs are bad is better than none at all, but some repellents work better than others. The most effective repellents contain 95-100% DEET (Diethylmetatolumide) like Ben's 100, R.E.I.'s, Jungle Juice etc.

Important note on packing

Cadets are big people. Parents must not pack their gear for them. Doing so will lead to:

“Johnny, it’s raining! Where’s your rain coat”

“I can’t find where my daddy put it!”

At most, parents can help their Cadets lay out their gear and ensure that everything is there. They should never actually put the gear into the pack. This is for two reasons. Cadets should know where something is packed so they can find it, and Cadets may not be able to pack their gear as tightly as their parents can, leading to problems when it comes time to repack at the end of camp.