

Dear Grade 7 Parents/Guardians and Students,

Crestwood Preparatory College is pleased to announce a 4 day, 3 night trip with ALIVE outdoors to Camp Timberlane. The camp is located approximately 20 minutes from the town of Haliburton, approximately 3 hours from Toronto. This is an exciting opportunity for students to get to know each other in a dynamic and invigorating environmental setting that has inspired artists and adventurers alike. The students will have opportunities to challenge themselves and their new classmates with activities such as canoeing, hiking and high ropes courses.

We will be boarding the bus from the school on **October 1st at 6:45 a.m.** and will return to the school on **October 4th at approximately 4:00 p.m.**

We ask that parents/guardians provide a cheque to homeroom teachers, for \$675.00 payable to “Crestwood Preparatory College.” If you prefer to make an online payment please visit the Crestwood Store at <http://store.crestwood.on.ca/>

Please read through the packing list in detail and return all forms with your payment to homeroom teachers no later than **September 19th, 2018.**

We are looking forward to an educational, recreational, and most of all, enjoyable trip. This trip will be supervised by Mrs. Newton, Mrs. Doherty, Mr. Birrell, Mr. Manners and Mr. Walker. If you have any questions or concerns prior to the trip, contact information is below:

lisa.newton@crestwood.on.ca

Yours truly,

Lisa Newton
Crestwood Trip Leader



Sept 12th, 2018

Dear Crestwood Preparatory College Grade 7 Parent/Guardian(s),

ALIVE Outdoors Inc. is a Toronto based experiential education company founded in 2000. Over the past 18 years, ALIVE Outdoors has provided intentional outdoor experiential education programs for over 40,000 students from Ontario and international independent schools. Our customized programs provide a supportive environment where students are encouraged to step out of their comfort zone. All programs create opportunities for your child to deepen their sense of self confidence and understanding of their potential.

We are grateful to be working with Crestwood Preparatory College to create and deliver an exciting and meaningful outdoor learning experience for the Grade 7 students. This program will take place **Monday, October 1 – Thursday, October 4, 2018** at the beautiful site of Camp Timberlane. This camp is located approximately 20 minutes from the town of Halliburton, approximately 3 hours from Toronto.

The program has been designed around the theme of Community Building. Through experiential workshops and outdoor activities, students will deepen their understanding of the foundations of effective communities, practice valuable team work and communication skills and develop an appreciation of their peer's unique personal strengths.

At ALIVE Outdoors, we work diligently to inform parents and students of the activities and associated risks present in school based outdoor education programs. During this specific program, your child may have the opportunity to rotate through the following activities: canoeing, kayaking, stand up paddle boarding, high/low ropes challenge courses, climbing wall, water elements (jumping tower, water inflatables, etc.), swimming in a lake, teambuilding activities, large group games, hiking along wilderness trails, archery/archery tag, traditional sports, frisbee golf, arts and crafts, and outdoor living skills such as fire building. In addition to the outdoor activities there will be full-group workshops, games and campfires. ***It is important to note that the scheduled activities may vary if the weather does not allow us to proceed as planned.***

ALIVE (Adventure, Leadership, Individuality, Values, Empowerment) Outdoors Inc., is an organization that specializes in outdoor experiential education. To facilitate this program professional ALIVE Outdoors instructors will unite with a select group of Camp Timberlane instructors. The instructor team is committed to helping make your child's experience educational, fun, and meaningful through maintaining a supportive and enriching learning environment.

At Timberlane, your child will be staying in a cabin that sleep 10-15 students. The cabins have electricity as well as a shower and a bathroom with two sinks. Teachers will be staying in cabins nearby to the student's cabins.

Please have your child bring a **NUT FREE bagged lunch on Monday, October 1, 2018. Other than this lunch, please DO NOT bring** extra food of any kind for any other day of the program as it will invite insects and critters into cabins/tents and **may cause life-threatening harm to those with food allergies.**

Informed consent should be given only when participants and their parent/guardian(s) feel educated and informed regarding the risks associated with programs. It further implies that all participants and/or parent/guardian(s) have taken advantage of the resources presented by ALIVE Outdoors that communicate activity programming, organizational philosophy, and risks associated with activities offered during programs.

Enclosed in this package you will find four important documents:

- (1) **Trip Packing List** - please follow this list carefully. Students will be outside for the duration of the program in varied weather conditions;
- (2) **Acknowledgement of Risk, Waiver, and Indemnity Agreement;**
- (3) **Medical Form;** and
- (4) **Frequently Asked Questions and Answers.**

Please read the attached paperwork carefully with your child and fill it out in detail. It is important to empower your child to take personal responsibility for their own wellbeing by following instructions of teachers and instructors, and exercising good judgment during their time with ALIVE Outdoors.

In addition to the above listed forms, ALIVE Outdoors intentionally communicates programming and risk awareness through:

- access to the ALIVE Outdoors Program Information Guide on our website (which includes descriptions of activities, photos of students participating in activities, and pertinent risk management considerations for activities);
- information about the organization through the website (www.aliveoutdoors.com);
- direct contact with a member of the Director team (parents, school administrators, teachers, and students can call or email an ALIVE Outdoors Director to clarify any questions prior to participation).

The act of reading all paperwork and resources provided creates the opportunity for parents and students to discuss the importance of managing personal risk through making informed, unimpaired personal choices that optimize individual health and well-being at all times. Your signature on the accompanying ALIVE Outdoors Acknowledgment of Risk, Waiver, and Indemnity Agreement confirms that you have read all documents and fully understand the types of activities that your child will be participating in, and the associated risks that participating in those activities may entail.

The signed forms must be returned to Crestwood by: September 26th, 2018

Please do not hesitate to contact our office if you have any questions or concerns through email: info@aliveoutdoors.com or by phone: **416.429.8082**.

Thank you for supporting Outdoor Experiential Education Programs,

Sam Dear

Samantha Dear
Director, ALIVE Outdoors



www.aliveoutdoors.com

"You do not need a title to be a leader" Anon



ALIVE OUTDOORS INC.

PARENT/GUARDIAN Acknowledgement of Risk, Waiver and Indemnity Agreement ("Agreement")

PARTICIPANT NAME: _____ **GRADE LEVEL:** _____

NAME OF SCHOOL: _____

PROGRAM DATES: _____

PROGRAM LOCATION: _____

PARENT/GUARDIAN NAME(S) & EMAIL(S):

IMPORTANT NOTICE: BY SIGNING THIS AGREEMENT YOU ARE ACCEPTING RISKS AND AGREEING TO GIVE UP CERTAIN LEGAL RIGHTS. PLEASE READ CAREFULLY AND DO NOT SIGN THIS AGREEMENT UNTIL YOU HAVE READ IT, COMPLETELY UNDERSTAND IT, AND AGREE TO BE BOUND BY ITS TERMS AND CONDITIONS.

ACKNOWLEDGEMENT & ACCEPTANCE OF RISK AND RESPONSIBILITY

I, _____ ((parent(s)/guardian(s) of the Participant) acknowledge that _____ (the "Participant") has been offered an opportunity to take part in the above-specified program (the "Program") operated by ALIVE Outdoors Inc. I acknowledge that I have read a description of the Program and understand all of the inherent and potential risks of the intended activities related to the Program. I understand that the Participant's participation in the Program involves the Participant's use of facilities and equipment at the Program. I acknowledge that I have been informed of my right to obtain as much information about the Program as I feel is necessary.

In signing this Agreement, I acknowledge that I am not relying on any oral or written representation or statements that may have been made by ALIVE Outdoors Inc. to induce me to permit the Participant to participate in the Program, other than those set out in this Agreement. I acknowledge that in all circumstances, any and all liability of ALIVE Outdoors Inc. in relation to the Program shall be determined in accordance with the terms of this Agreement.

ACCOMMODATION

I am aware that the following types of accommodation may be utilized during the Program: winterized and non-winterized cabins, tents, hotel facilities and private accommodations ("Accommodation"). Depending on the Program, I understand that Participants may also spend several nights sleeping outdoors.

I acknowledge that I have read the clothing and equipment list provided by ALIVE Outdoors Inc. and will undertake to provide all necessary clothing and equipment to the Participant. I accept full responsibility for inadequate clothing or equipment and for clothing and equipment which I fail to provide to the Participant.



ACTIVITIES

I understand that portions of the Program may take place in a wilderness environment and that the Participant may be participating in activities (“Activities”) including:

- rock and wall climbing, hiking, backpacking, high and low ropes course activities;
- swimming in lakes, jumping off diving boards, jumping on water trampolines and the like, canoeing and kayaking on lakes, and paddle boarding;
- biking, archery, cross-bow, zip-lining;
- fire-building, cooking over a fire or camp stove, orienteering, team-adventure races;
- tennis, basketball, yoga, ultimate Frisbee, football, soccer and other general sports;
- traditional camp games, outdoor-living skills games, portaging on potentially uneven terrain, camping in tents in remote areas including developed and undeveloped campgrounds in rural and wilderness areas.

If the Program takes place in the winter, I understand that Activities may include:

- snowshoeing, tobogganing, cross-country skiing, hockey, broomball, skating on lakes or ponds, dog sledding, snow sports and sleeping in a quinzee (snow shelter) overnight.

RISKS

I understand that the Participant’s participation in the Program, including in the associated Activities listed above, involve a risk of serious and/or permanent injury or death and damage to or loss of property. I understand and acknowledge that the Participant may suffer serious and/or permanent injury or death, or damage to or loss of property, resulting directly or indirectly from his/her own negligence, failure to follow direction, misadventure or unavoidable or unintentional accident. I also understand and acknowledge that all of the potential risks cannot be listed in this Agreement.

I understand that the Program may involve other risks including restricted availability of immediate medical assistance; the conduct of other Participants, whether or not such conduct is negligent or reckless; and the contraction of a contagious illness or communicable disease. I understand that the Participant’s participation in the Program may negatively affect his/her future ability to study, work, or engage in social or recreational activities.

UNFORESEEN EVENTS

I understand that ALIVE Outdoors Inc., sometimes in partnership with staff from the host site, will be facilitating Activities of the Program. I understand that despite all reasonable precautions being in place to provide proper organization, supervision and equipment for all Activities, circumstances may arise which are not foreseeable or which are beyond their control. I understand and acknowledge that ALIVE Outdoors Inc. is not responsible for any damages caused by the delay or failure to perform or complete any Activities or to provide any transportation or Accommodation when such delay or failure is due to fires, strikes, floods, acts of God, lawful acts of public authorities, or delays or defaults caused by common carriers, which cannot reasonably be foreseen or provided against.



ACKNOWLEDGEMENT & ASSUMPTION OF RISK

I acknowledge that I have read, understand and agree with all of the terms of this Agreement, and have had the opportunity to obtain independent legal advice with respect to the terms of this Agreement. I hereby provide my full, voluntary and informed consent to the Participant’s participation in the Program.

Initial

ASSUMPTION OF RISK:
I assume any and all risks, including, but not limited to any serious and/or permanent injury or death and damage to or loss of property associated with the Participant’s participation in the Program.

WAIVER AGREEMENT NOT TO SUE, AND INDEMNITY

In exchange for ALIVE Outdoors Inc. permitting the Participant to participate in the Program, I agree to the following:

Initial

- a. I waive any and all liability of ALIVE Outdoors Inc., including vicarious liability, except in circumstances of gross negligence or wilful misconduct;
- b. I will not commence or participate in any type of claim or lawsuit against ALIVE Outdoors Inc., except in circumstances of gross negligence or wilful misconduct; and
- c. I release, indemnify, hold harmless and forever discharge ALIVE Outdoors Inc. for any losses or injury related to the Participant’s participation in the Program, except in circumstances of gross negligence or wilful misconduct.

MEDICAL & EMERGENCY AUTHORIZATION

To the best of my knowledge, the Participant does not have any contagious illnesses and is physically, mentally and emotionally capable of participating in all Activities of the Program. I am not aware of any reason, health-related or otherwise, why the Participant would not be capable of participating in the Activities planned for this Program.

If, to my knowledge, the Participant has any significant change in his/her health condition prior to the commencement of or during the Program, I will inform ALIVE Outdoors Inc. immediately. I acknowledge that my failure to do so may result in the Participant’s inability to participate or remain in the Program.

I acknowledge that I have fully read and completed the Medical Form provided by ALIVE Outdoors Inc. and accept full responsibility for the information and any errors or omissions on the Medical Form.

I acknowledge that I have obtained necessary medical and travel insurance for the Participant for the duration of the Program.

RULES AND REGULATIONS

I agree that any violation of the rules of ALIVE Outdoors Inc. or of the Program by the Participant, or any behaviour or health status that puts the Participant or others at physical or emotional risk may result in the dismissal of the Participant from the Program at the sole discretion of ALIVE Outdoors Inc. I agree to



accept financial responsibility for any costs incurred should the Participant be sent home or dismissed from the Program for any reason, such as sickness or behavioural issues.

EXCLUSIVE JURISDICTION, APPLICABLE LAW AND CLASS ACTION WAIVER

I agree that any dispute relating to the Participant’s participation in the Program shall be litigated, if at all, before the Superior Court of Ontario located in Toronto, Ontario. The applicable law to be applied to any dispute shall be the law of the Province of Ontario.

I waive any and all rights to participating in a class action lawsuit against ALIVE Outdoors Inc.

MISCELLANEOUS PROVISIONS

ALIVE Outdoors Inc. includes its employees, directors, officers, designates, representatives, agents, successors and assigns. This Agreement enures to the benefit of and binds the parties and their respective heirs, executors, administrators and representatives, successors and assigns.

This Agreement constitutes the entire agreement. If any provision of this Agreement is held by a court to be unenforceable, then such provision will be modified to reflect the parties' intention. All remaining provisions of this Agreement shall remain in full force and effect as drafted.

I consent to photos and videos taken at the Program by ALIVE Outdoors Inc. to be used for promotional purposes for the benefit of ALIVE Outdoors Inc. without compensation.

I understand that by signing below, I am acknowledging my AGREEMENT TO THE ABOVE:

Print “I have read all of the above and I agree”: _____

Printed Name of Parent/Guardian: _____

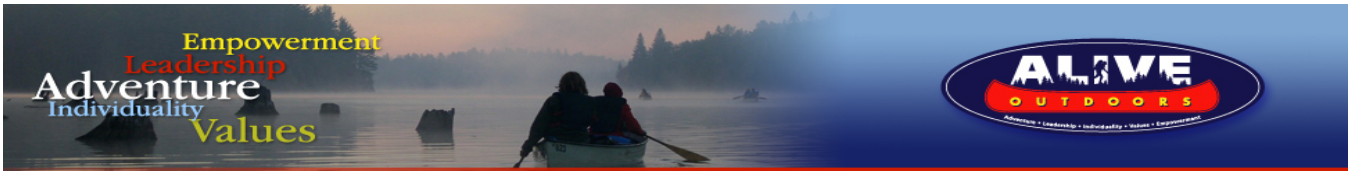
Signature: _____ Date: _____

Print “I have read all of the above and I agree”: _____

Printed Name of Parent/Guardian: _____

Signature: _____ Date: _____

Please note that both custodial parents/guardians must sign this Agreement.



ALIVE OUTDOORS - MEDICAL FORM

In order to be permitted to participate in all activities please fill out this form and return it to your school as soon as possible. A physical exam by your doctor is not required. Please be as detailed as possible. Providing full disclosure allows us to provide appropriate care.

PERSONAL INFORMATION:

Participant Name: _____ Date of Birth: _____
 Permanent Address: _____

Parent(s) Name(s): _____
 Parent Home Phone #: _____ Parent Cell Phone #: _____
 Parent Work Phone #: _____ Parent Work Phone #: _____
 Parent Email: _____

IN THE EVENT OF AN EMERGENCY: _____ CAN BE CALLED AT: _____
 (Contact Name) (Contact Phone)

OHIP #: _____
 If there is no OHIP number, please include a health insurance number below.

HEALTH INSURANCE #: _____
 (Please send photocopy of insurance, if applicable)

COMFORT IN THE WATER:

Regardless of the participant's swimming ability, all participants are required to wear a properly fitted Personal Flotation Device (PFD), and are supervised by qualified instructors during all water-based activities. Please help us by identifying the participant's comfort in and around the water.

Confident and comfortable in the water Weak swimmer Does not and cannot swim

Family Physician: _____ Participant's Weight: _____
 Physician Phone #: _____ Participant's Height: _____

ALLERGIES:

Peanuts Fish/Shellfish Milk
 Tree Nuts Soy Eggs
 Wheat Bees or Wasps Penicillin
 Other: _____ (Please list all details below).

HAS AN ALLERGY BEEN IDENTIFIED AS ANAPHYLAXIS? NO YES (If "YES" describe in detail below)

IS AN EPI-PEN REQUIRED FOR A KNOWN ALLERGY? NO YES (If "YES" 2 Epi-Pens must be sent to the program)

Please provide details on the severity and treatment of any known allergies. **IT IS IMPORTANT THAT YOU PROVIDE AS MUCH DETAIL AS POSSIBLE ON ANY ALLERGIES, TRIGGERS, SEVERITY OF LAST REACTION & WHAT KIND OF TREATMENT HELPS.**

DIETARY RESTRICTIONS:

Please indicate any current dietary restrictions:

- Vegetarian
- Vegan
- Other: _____
- Gluten Intolerant
- Lactose Intolerant

IMMUNIZATIONS:

Has the participant received a Tetanus shot within the last 10 years? YES NO

Are all other immunizations up-to-date? YES NO

MEDICAL CONCERNS:

Please indicate any medical issues the participant has been treated for:

- Seizures or Epilepsy
- Diabetes
- Asthma
- Bleeding Issues
- Other significant medical issues requiring full awareness of instructors: (Please describe below).
- Sleep Walking
- Debilitating Sport Injury
- Heart/Circulatory Issues
- Concussion(s)
- Nosebleeds
- Urinary Tract Infections
- Thyroid Disease
- Migraine Headaches

Provide details of all major or recent medical concerns, illnesses, operations, injuries or treatments.

Provide details of any other physical or emotional concerns for which treatment may be necessary at the program or trip.

List all regular medications as well as all non-prescription medicines or supplements that will be brought to the program or trip. *Attach a separate page if necessary.*

To the best of my knowledge, _____ (participant’s name) is in good health, free of communicable disease, and physically able to participate in all ALIVE Outdoors activities, except as noted above for medical reasons only. In case of medical and/or surgical emergency, and I am not immediately available for consultation, I hereby give permission to the physician, instructors and/or first aid personnel selected by the camp director or lead facilitator, to secure proper treatment (i.e. hospitalization, injections, transfusions, anesthesia or surgery as appropriately required) for the person as named above.

By signing below, I certify that the information contained in this medical form is accurate, and that I agree with the statements as described.

Signature of parent/guardian
 (or participant - if over 18 years of age)

Date

Frequently Asked Questions Residential Programs



Q: What time does the bus leave and what time does it return?

A: The bus will leave from Crestwood at 7:00am on Monday, October 1, 2018. The bus will return to the same location on Thursday, October 4, 2018 at approximately 4:00pm— weather permitting.

Q: Where is my child going to be during this program?

A: The program will take place at Camp Timberlane near Haliburton, ON. In the case of emergency at your end, you can reach us at the Camp Timberlane Office: 705-457-2813

Q: How far to the nearest hospital should an emergency arise.

A: From Camp Timberlane, it's approximately 20 minutes to the Haliburton hospital.

Q: What if my child has allergies or special dietary requirements?



A: Please list and explain all allergies and medication your child will bring to the program on the provided medical form. We will do our best to accommodate all dietary requirements. All our Host Sites are *Nut-Aware*. Vegetarian, gluten and lactose free options are available. If you have serious concerns, please email: info@aliveoutdoors.com

Please note, the kitchen bases special dietary quantities on what is recorded on the medical form. With this in mind, please make sure that what is indicated on the medical form is current ***as it will not be possible to switch special dietary requirements while on program.***

Please bring a NUT FREE Bagged lunch for the first day of the program. Other than this, please DO NOT BRING extra food of any kind. Extra food invites insects and critters into cabins/tents and can cause life-threatening harm to those with food allergies.

Q: What if my child has a question or concern regarding dietary, accommodations or activities during the program?

A: One of ALIVE Outdoors core values is to help students feel empowered and learn to advocate for themselves. ALIVE Instructors and Lead Facilitators are approachable and work hard to create an environment where students feel comfortable voicing questions and concerns on their own versus going through parents or teachers. We want every student to have a positive experience during the program. Please help us in attaining this goal by speaking to your child prior to the program about the importance of voicing questions or concerns as they arise.

Q: What is the purpose of outdoor experiential programs?

A: Experiential Education is based on the philosophy that we learn best by doing. By utilizing adventure activities, individuals are asked to put aside preconceived notions of their abilities and develop new competencies and confidences. These trips are valuable learning opportunities to teach life skills such as communication, decision-making, trust, conflict resolution, team building and leadership.

Q: Why should my child not bring a cell phone or other electronic devices to the program?

A: During all ALIVE programs, we challenge students to “unplug.” It is so rare to have an opportunity to be immersed in nature away from all the gadgets that have taken over our lives. These trips are an opportunity to connect and learn from one another rather than the screen. We ask for your cooperation in leaving any distracting devices at home. Thank you.

Q: What are the instructor’s qualifications?

A: To facilitate this program, ALIVE Instructors will unite with a select group of Camp Timberlane instructors. At minimum, all instructors are certified in Standard First Aid/CPR. Certain instructors will have specialized training for activities such as the ropes course or water based activities. The instructor team is fun, enthusiastic and committed to helping your child experience personal growth in a caring and enriching learning environment.

Q: What type of bag should my child pack in?

A: Ideally your child will pack in something that is easy to carry. They will have a short walk from the bus to their cabin on unpaved roads and/or dirt paths. For this reason, duffle or hockey bags are ideal. Suitcases with wheels are not recommended as they may break being on gravel or dirt roads.

Q: What happens if my child is caught with non-prescription drugs, alcohol, cigarettes or if they are causing disruptive behaviour?

A: Parent/Guardian(s) will be called and asked to come and pick up their child immediately.

Q: Are knives permitted on this program?

A: No, knives are not permitted on program. If your child is caught using knives, it will be taken away and parent/guardian(s) will be contacted. Some programs will include the use of knives for carving. These knives are provided by instructors and only used with proper supervision and instruction.

Q: Will my child be outside throughout a variety of weather conditions?

A: Our programming is built to be flexible based on a variety of weather conditions. For example, outside programming can be adjusted in response to changing weather conditions such as lightning and thunder, extreme temperatures, high winds, etc. We do ask that students are prepared to be outside during rain and winter conditions. To be prepared for all weather please read the packing list carefully.

Q: Does my child need to pack a sleeping bag?

A: A sleeping bag with a rating of 0° Celsius or warmer is ideal. If you do not have a sleeping bag, please pack a single fitted sheet and warm blankets. Please be sure to pack a flashlight and label all or your belongings with your name.

Should you have other questions, please feel free to contact us at our office through email: info@aliveoutdoors.com or by phone: **416.429.8082**



www.aliveoutdoors.com

“One Day or Day One...You Decide.” - Unknown

SPRING/FALL Packing List



<p>DURING THE DAY</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 warm sweaters/sweatshirts (fleece or wool recommended—not cotton) <input type="checkbox"/> Rain jacket and rain pants <input type="checkbox"/> 2 pairs of pants (we recommend that one pair is not cotton) <input type="checkbox"/> 2 pairs of shorts (weather permitting) <input type="checkbox"/> Bathing suit & towel <input type="checkbox"/> 2-3 t-shirts <input type="checkbox"/> Long underwear (top and bottom) for activities on cold/wet days. (<i>Under Armour</i>, polypro or wool) <input type="checkbox"/> Socks (wool or synthetic) and underwear for each day <input type="checkbox"/> 1 baseball or sunhat, 1 winter hat/toque, 1 pair of gloves/mitts <input type="checkbox"/> Sun Screen <input type="checkbox"/> Bug Repellent/ Bug Jacket (Recommended for Spring Trips) 	<p>FOOTWEAR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 pairs of closed toed shoes (at minimum, 1 pair must be sturdy with laces)
<p>AT NIGHT</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Sleeping bag rated to at least Zero Degrees Celsius or single fitted sheet and warm blankets <input type="checkbox"/> 1 Pillow <input type="checkbox"/> 1 Pair of Warm Pajamas <input type="checkbox"/> 1 Towel, Toothbrush, Shampoo, etc. <input type="checkbox"/> Headlamp or Flashlight 	<p>ADDITIONAL ITEMS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Small day backpack to carry items on the bus and during the program <input type="checkbox"/> 2 large garbage bags <input type="checkbox"/> 1 Wrist Watch or Alarm Clock for the cabin. <input type="checkbox"/> 1 Water Bottle (1 Litre screw on top is best) <p>OPTIONAL</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camera (not a cell phone camera, please) <input type="checkbox"/> Musical Instrument <input type="checkbox"/> Pen/pencil and paper/journal <input type="checkbox"/> Sunglasses <input type="checkbox"/> Ear Plugs (for sleeping) <p>MEDICATION</p> <ul style="list-style-type: none"> <input type="checkbox"/> Any Relevant Medication, EpiPen(s), Inhaler, etc. <input type="checkbox"/> Please ensure that all necessary medications are outlined in detail on the medical form. Please bring all medication in a zip lock bag labelled with your name. <i>Teachers must be aware of all medication that the students are bringing.</i> <input type="checkbox"/> Students at risk of anaphylactic reactions must bring a minimum of 2 EpiPens to the program.

What is the Layering System and Why is it important?

Wearing multiple layers of clothing allows you to add or omit clothing to ensure that your body stays at a comfortable temperature as weather conditions or activity levels change. The layering system is a combination of a *Base*, *Mid* and *Outer* layer. The Base layer is meant to keep heat in, while the outer layer is designed to keep elements such as wind, rain and snow out.

When packing, consider one set of clothes for the day that can get wet during the day and dry overnight, and one set of clothes for the evening to keep you warm and dry.



IMPORTANT NOTES:

- Please do not bring **extra food of any kind**. Extra food invites insects and critters into cabins and **may cause life-threatening harm to those with food allergies.**
- Please do not bring electronics of any kind. These programs offer a valuable opportunity for students to unplug from technology and connect with the natural environment and their peers.
- Please label all your gear with your name.



The Rising Problem of Bed Bugs – How to Best Protect Yourself

Bed Bugs are a rising problem in the developed world. It is a common belief that bed bugs are found where people sleep, however to date bed bugs have a much broader social impact. The source of bed bugs is unknown due to the multitude of places in which they can exist. For example; shops, hotels, hospitals, movie theatres and public transit systems such as planes and trains. You no longer need to sleep in an infested bed to experience the nuisance bed bugs can cause. Unfortunately, camps and outdoor centers are not immune to this problem.

At ALIVE Outdoors we care deeply about the quality of our programs. We are providing you with this information to educate you - not alarm you.

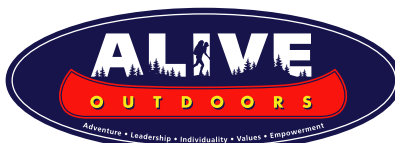
To best protect your family upon your child's return, please follow the precautionary steps below:

1. We have placed two large garbage bags on the packing list with the intention of having all clothes and bedding/sleeping bag come home to you in sealed garbage bags inside your child's duffel bag. Upon your child's arrival home, take these bags directly to your washing machine. If you do not plan to do laundry right away please keep the bags sealed.
2. Wash clothes and bedding in the hottest water possible. After the wash is complete, transfer the laundry immediately into the dryer for at least 30 minutes. Ensure your dryer is set on high heat.
3. In the case of delicate items that cannot be laundered, it is recommended that you place the items loosely in a tightly sealed bag. The bag should then be placed into the freezer for a minimum of 24 hours.
4. As bed bugs can also travel with your luggage, place your luggage in a black trash bag and leave it tied tightly for 4 days. If possible, place bagged luggage in the sun. Steam cleaning your luggage will also be sufficient. Remember to follow this precautionary step with your child's toiletry bags as well.

The following website provided by Health Canada will provide you with further information:

www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-what-are-they.html

Please do not hesitate to contact us through email: info@aliveoutdoors.com or by phone: **416.429.8082** if you have any further questions or concerns.



www.aliveoutdoors.com