

ADVENTURE LEADERSHIP PROGRAM

Ages: 10-14
3 one week sessions
Monday – Friday
 overnight trip Tues – Fri
\$485 / week

Phone: (867) 334-3725
Email: equinox.camp@gmail.com

June 24 - 28 Takhini R. Trip
July 8 – 12 Takhini R. Trip
July 22 – 26 Takhini R. Trip



Rock Climbing, Rappelling, Canoe, Kayak, Camping Skills, GPS, Map & Compass

We have been providing youth with top-notch instruction in adventure based programs since 2004. Our goal is to expose campers to a variety of activities in a safe and structured environment and to encourage them to try new things and expand their skill base. ALP'ers receive instruction in various activities which are designed to allow individuals to learn at their own rate while being part of a team environment.

The Adventure Leadership Program (ALP) provides training to youth interested in pursuing outdoor adventure activities while developing and enhancing their individual leadership skills. All adventure activities focus on skill development while working on increasing self-awareness and confidence, learning new leadership skills, setting individual goals, working as a team, and developing problem solving and communication skills.

Adventure Leadership Camp Week at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
Rock Climbing	Four Day Takhini River Trip!			
Lunch Break	Kusawa Lake	Hike up Kusawa Ridge	Riverside Campsite,	Takhini R. to
GPTeaming	Flatwater paddling, campsite setup.		Moving water paddling, fishing	Mendenhall Landing

Adventure Camp Activities:

Rock Climbing: ALP'ers learn basic climbing techniques, proper equipment use, knot tying, and belay skills. We alternate between two climbing locations so that campers have the opportunity to try different climbing sites. On this day trip campers also participate in hiking and forest exploration. During the rock climbing lessons, ALP'ers set personal goals, learn rope management skills. In addition to climbing technique, these lessons focus on teamwork, communication, goal setting and rappelling.

Canoeing: Following guidelines set by the Canadian Recreational Canoeing Association, campers learn and improve their tandem flat water paddling skills by participating in various canoeing skills sessions and activities.

Takhini River Trip (session 2, 4 & 6): This camp includes a 4 day trip that takes ALP'ers along the upper Takhini River, starting from Kusawa Lake. ALP'ers will build catamaran style rafts and enjoy a trip that is a bit more challenging than our regular river trips. ALP'ers will learn moving water canoeing skills and safety practises throughout their 4 day river trip. The program focuses on teamwork, communication skills and problem solving. ALP'ers will use maps, compass and GPS to navigate down the river while locating appropriate campsites and rest stops. Each evening youth will work as a group to set up camp and prepare the meal. They will participate in various activities on the canoe trip, such as atlatl throwing, instruction on using a GPS device, camp crafts and evening campfire programs. Along the way ALP'ers will learn map & compass skills as well as identify birds and animals. We will also be doing lots of fishing on this trip so be sure to bring your fly rod.

GPTEaming: Small teams use GPS, map, compass and their brains to find caches of teambuilding activities and tests of fortitude. Participants explore a variety of group skills including: problem solving, communication, trust and decision making.



Closing Exercise:

ALP'ers will spend Friday afternoon reflecting on the skills they gained, the goals they accomplished and challenges they overcame. The group takes part in a few debriefing activities and says farewell to the friends they shared the week with.

Each week is slightly different to ensure variety for campers returning for multiple weeks. We guarantee that every week will be a fun filled experience with the opportunity for campers to meet new friends and learn new skills.



Statutory Holidays

We **will run** our programs as usual during weeks that have a statutory holiday so that all campers are able to enjoy the complete Adventure Camp experience.

Safety Practices



All of our staff hold current First Aid & CPR certificates, have experience working with children and youth, and have taken part in our extensive staff training. In addition, we ensure that all staff carry a knapsack containing a fully stocked first aid kit, ALP'er information, bear spray, a whistle, sunscreen and extra clothes. Our staff to camper ratio is 1:6 maximum for any programs on the water and involving rock climbing. Other programs, such as games and land sports have a ratio of 1:10. Our Camp Staff always work in teams of two or three. All staff facilitating adventure programs, have related qualifications, training and experience. Proper safety equipment for all of our programs is

used and regularly inspected (i.e. certified rock climbing gear and helmets, PFDs, water rescue equipment, etc.)

Transportation

Transportation to and from programs is provided by our 32 passenger bus. All drop-off and pick-ups are in the Shipyards Park Parking Lot (**meet under the sheltered Gazebo on Monday morning**). Campers arrive each morning at **8:30am** and will return each afternoon by **4:00pm**. Campers & Parents **MUST BE ON TIME** for drop-off and pick-ups!

If for any reason there is a last minute change of transportation arrangements for a camper, please leave a message at 334-3725 BEFORE the scheduled pick-up or drop-off time. It is the responsibility of the parent / guardian to supervise their child until the staff arrives at 8:30am and to be there no later than 4:00pm to pick them up.



What to Bring

Adventure Leadership participants should bring a day pack with the following items **every day**:

- Lunch and snacks for the whole day
- 1L bottle of water or juice
- Swim suit, towel & flip-flops for swimming
- Sunscreen, a sun hat & bug repellent
- Rain gear ...we play rain or shine!
- Some warm clothes for those cooler days
- Running shoes - **NO** sandals please!
- An extra pair of shoes that you can get wet
- A keen sense of Adventure!



OVERNIGHT PACKING LIST – To bring for trip Tuesday - Friday:

Please ensure that all of the following items are packed. Campers will be provided with a waterproof camping bag for their belongings ... space is limited, so please bring **ONLY** the items listed. **Please do not over pack!**

- A lunch and snack for the first day of your overnight trip
- Warm Sleeping Bag – no comforters or blankets please
- Camping Mattress (i.e. blue foam camping pad or thermarest)
- A Whistle
- Running shoes – NO sandals please!
- An extra pair of shoes that you can get wet, or boots if you can be careful
- Warm wool socks x 2
- Pants x 2 (No Jeans!! And preferably not cotton pants - they take too long to dry)
- Shorts x 1
- Tee-Shirt x 2
- Long sleeve shirt x 1
- Very Warm Sweater x 1 (preferably wool or fleece)
- Rain gear x 1 (tops **and** bottoms please)
- Sun hat x 1
- Sun Glasses x 1
- Warm winter hat x 1 (for cool Yukon evenings)
- Warm pyjamas x 1
- Underwear x 3
- Bathing suit x 1
- Towel x 1 (a small quick-dry)
- Bug spray & Sunscreen
- Minimal toiletries (toothbrush, toothpaste and hair brush is all you really need)
- Flashlight
- Camera (optional)
- Day bag
- **For Climb'n'Bike** – mountain bike and helmet
- **For Fishing** – your fly rod and flies.



PLEASE DO NOT BRING anything electronic (i.e. MPV player, gameboy, etc.)

We will provide all of the “group gear” (tents, cooking equipment, PFD's, paddles) plus all meals and snacks for the group (except for lunch on the first day of the trip ...please pack one).

Youth will be sharing tents with peers of the same gender. They will be closely supervised by our staff team, who will ensure that they are safe and well cared for.

The group will be picked up from their camping location on Friday afternoon and brought to Shipyards Park at 4:00pm as usual.

Who we are...

Equinox is dedicated to the belief that participating in adventure-based activities helps individuals and groups to build character, trust, communication, problem solving and leadership which in turn creates stronger communities. Our programs include rock climbing, zipline, experiential based teambuilding, canoeing, kayaking, geocaching, rappelling and ice climbing. All programs include highly skilled (& friendly) staff, quality equipment, innovative structures and dramatic locations.

Christopher Gishler is the Owner/Operators of Equinox. He has over 25 years of experience working in the camping and outdoor education field. Christopher's background includes working for the Canadian Outward Bound Wilderness School and teaching adventure education on high ropes courses and climbing walls that he has built throughout North America.

The goal of Equinox has always been to provide high quality adventure programs to the Yukon community and visitors. Tag lines over the years have included, 'Adventurous Programs for Adventurous People', 'Adventure is good for you', and 'Building Character through Adventure'.

All the members of the Adventure Camp Staff Team come with extensive experience working with children in outdoor adventure programs. All staff members have current First Aid and CPR and have completed our staff training.



Registration

Please download the PDF version of our Registration Package; complete and return one REGISTRATION FORM, HEALTH FORM and WAIVER per ALP'er.

Holding Spots

Please check the website calendar or call our office at (867) 334-3725 to confirm that there is space available. We will be happy to hold a spot for 7 business days, to allow time for the receipt of the necessary forms and payment.

Deposit & Final Payment

Registration forms should be accompanied by full payment, or a \$50 non-refundable deposit, full payment is due 3 weeks prior to the camp starting. Payment by email interact is preferred. Other options include cheque, cash or credit card.

Refund Policy

Camp fees will be refunded (-\$50 admin fee) only if a cancellation is made a minimum of 3 weeks prior to the session starting date. Refunds or reduction of fees will not be offered for days missed in a session.



Equinox Adventure Camp

Box 31391
Whitehorse YT,
Y1A 6K8

867-334-3725

Registrar: camp@equinoxukon.com

Christopher Gishler (Camp Director): equinox@equinoxukon.com