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**SHERBROOKE**  
EST *Lake Camp* 1964  
**CAMPER MANUAL**

"THIS CAMP WAS MADE FOR YOU & ME"

# A Day at Camp!

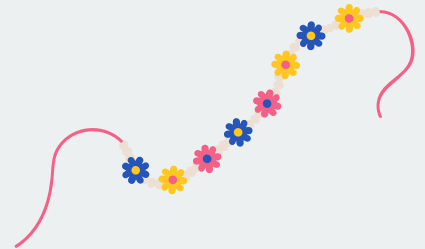
Here is an example of a typical day at Sherbrooke Lake!



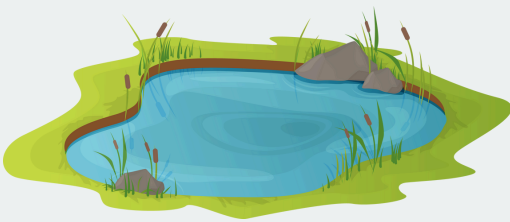
## Morning



- Rise and Shine!
- Morning Dip
- Morning Watch & Flagpole
- Breakfast
- Discovery Time
- Snack
- Rotations
- Free Swim



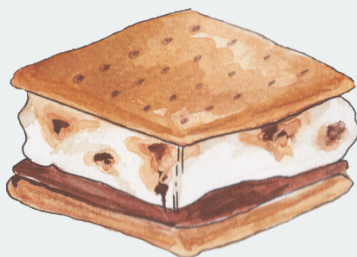
## Afternoon



- Lunch
- Camp-wide Game
- Tuck
- Free Swim
- Supper



## Evening



- Camp-wide Activity
- Flagpole & Vespers
- Campfire
- Snack
- Bedtime





# Packing List

Not sure what to bring? Here is a list of things we recommend packing for your week at camp for comfort, fun, and safety!

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## Bedding



- Sleeping Bag
  - Pillow
  - Extra blanket(s)
  - Mattress topper & sheet (we provide mattresses but you may prefer extra cushion)
- 

## Clothing for all Weather



- Pajamas, long and short set depending on the weather
  - Sweatshirt(s)
  - T-shirt(s)
  - Jacket(s) (regular and rain)
  - Pants/Sweatpants
  - Shorts
  - Socks and Underwear
  - Nice outfit for our weekly turkey dinner (optional)
  - Bathing Suit(s) (multiple if possible)
  - Beach Towel(s) (multiple if possible)
- 



## Footwear

- Rain boots
- Sneakers (running shoes are a must!!)
- Sandals



# Packing List Continued

Not sure what to bring? Here is a list of things we recommend packing for your week at camp for comfort, fun, and safety!

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## Outdoor Gear

- Bug Repellent
  - Sunscreen
  - Hat
  - Sunglasses
- 



## Personal Items

- Backpack to carry one set of clothes (for our out-trips!)
  - Flashlight (extra batteries are a good idea)
  - Water Bottle
  - Camera (optional)
  - Hand sanitizer (optional as we will have lots)
  - \*If your camper is bringing candy or extra snacks to camp please ensure that they are kept in an airtight container!
- 



## Toiletries

- Face Cloths & Towel
- Soap & Shampoo
- Toothbrush, Toothpaste
- Hairbrush/Hair Ties

Please note There is not a shower available to campers, however, we swim multiple times a day!

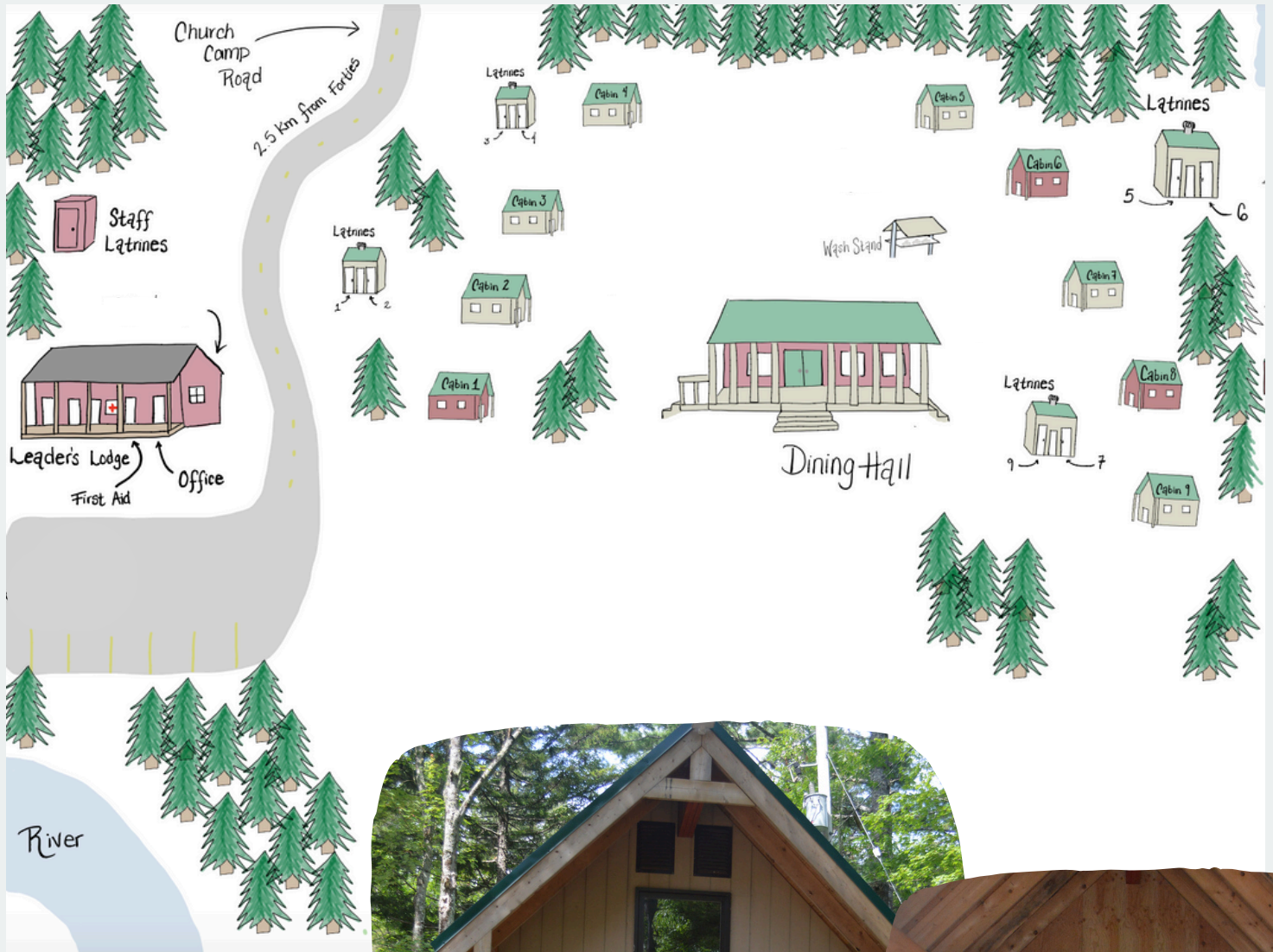
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## Medications

- Any medication(s) required, packaged in **original** containers with pharmacy labels.
  - Please keep these easily accessible for drop-off to the Health & Wellness Coordinator upon arrival.

# Camp Map

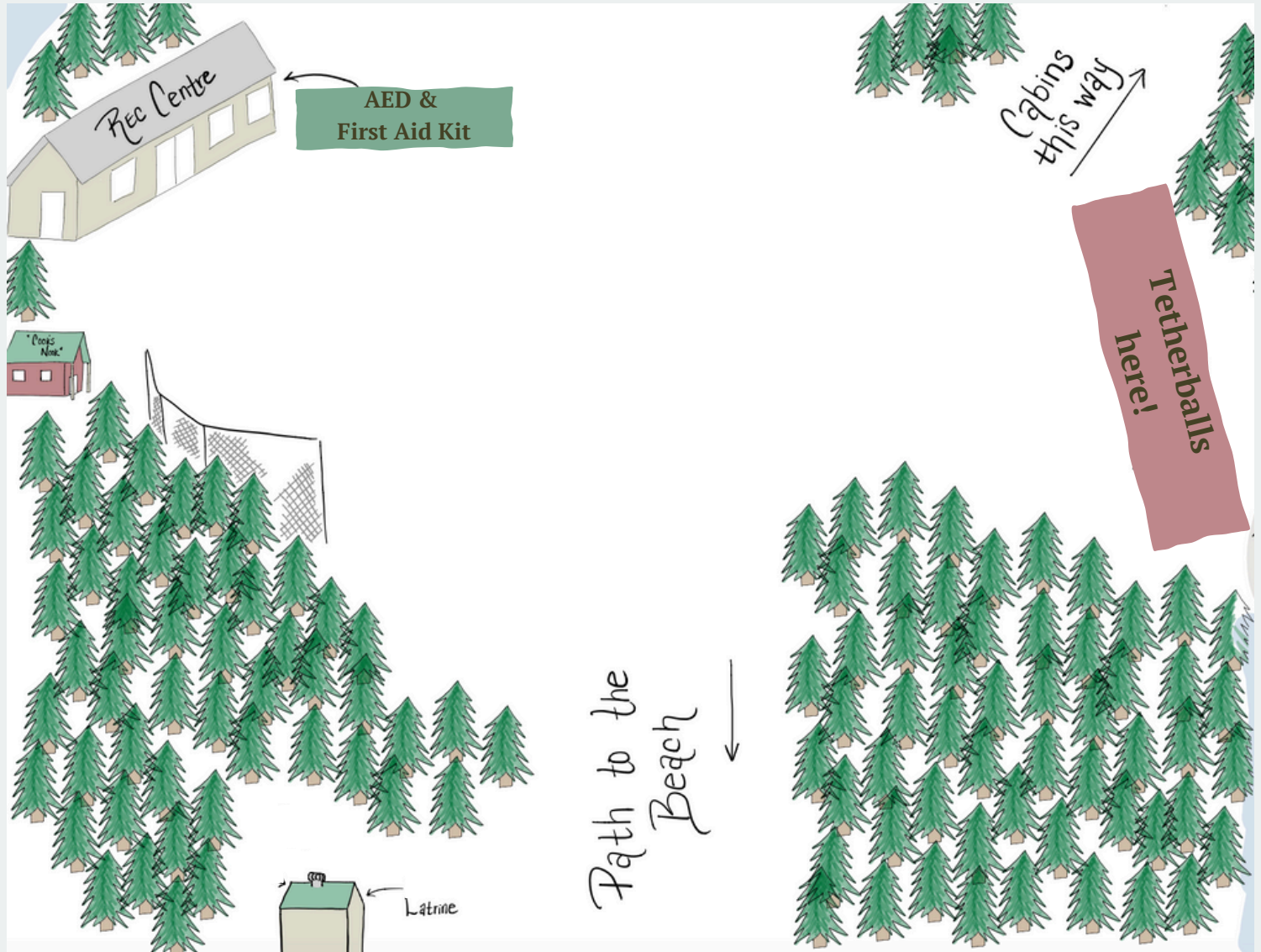


Outside and inside one of our cabins!  
Every cabin is NEW with an inclusive  
change room.



Our dining hall!

# Camp Map

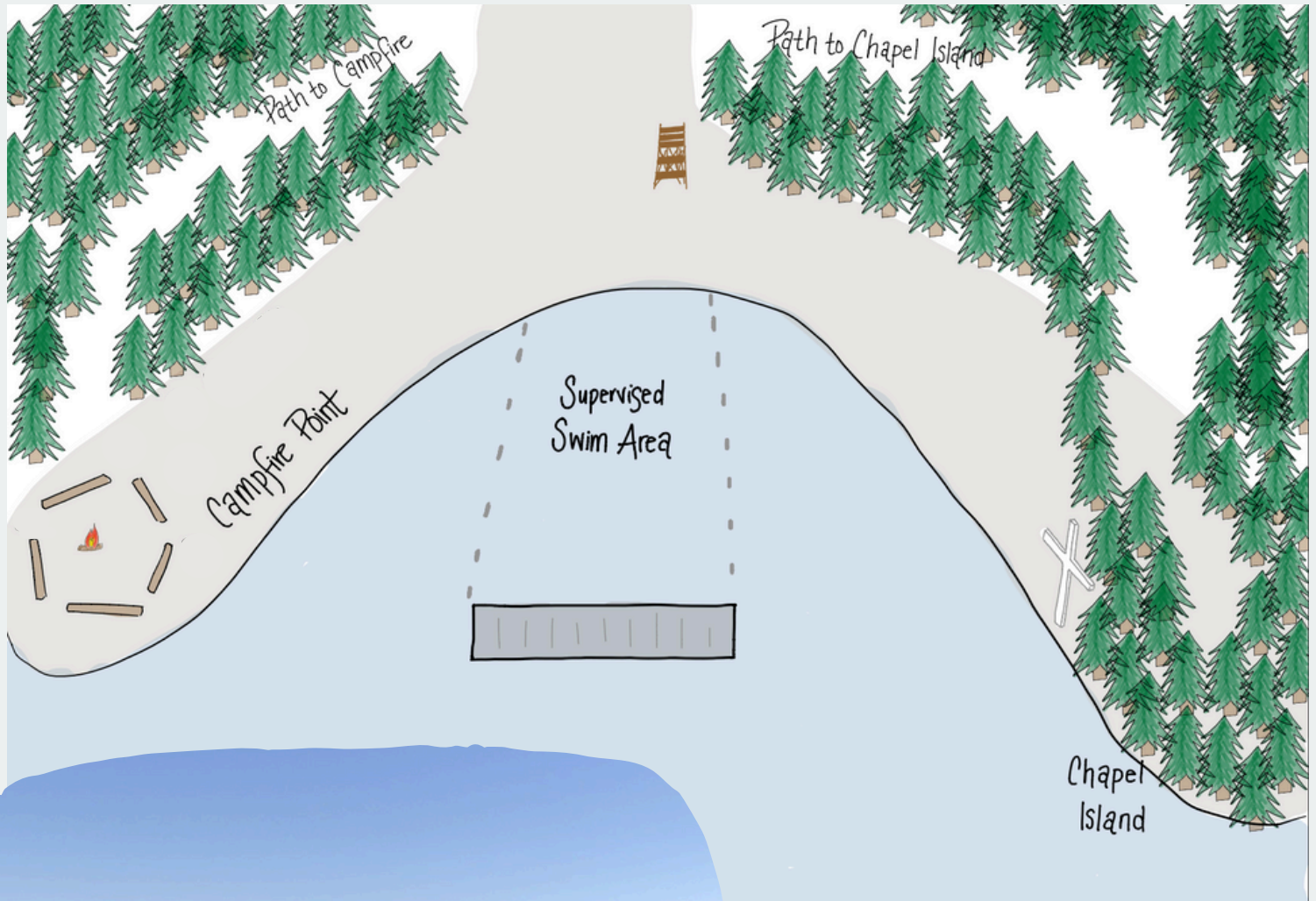


↖ The Rec Centre!

View from the dining hall



# Camp Map



**Campfire Point!**



**Our beautiful beach** ♡



# Homesickness

Homesickness is a totally normal and fairly common to experience at camp! At Sherbrooke, campers will be surrounded by supportive friends, caring staff, and a loving community. Our team is well trained to support campers experiencing homesickness and to help them overcome it!

Here are some tips and tricks to help your camper get the most out of their experience at Sherbrooke Lake Camp:

- Familiarize your camper. Use this guide and our website to introduce camp to your camper before they arrive.
- Pack with them. This is a great way to build excitement and allow your camper to pack some of their favourite things to bring to camp.
- Remind your camper that our staff will be there to support them. Encourage them to talk to someone about their feelings while at camp.
- Pack a journal. Keeping a journal while at camp is a good way for campers to experience the moment and look for the positives throughout their day. It is also a great connection to home!
- Reach out to us before camp if there's anything we can do to support your camper. Our goal is for your camper to have a great camp experience!

## Contact Us!

Please reach out if you or your camper have any questions or concerns.

Maddie Stewart - Summer Camp Director

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