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SHERBROOKE
EST *Lake Camp* 1964
CAMPER MANUAL

"THIS CAMP WAS MADE FOR YOU & ME"

A Message from the Summer Camp Director



Hello Campers and Families!

Thank you so much for choosing to spend part of your summer with us at Sherbrooke Lake! Our staff cannot wait to meet you! We look forward having to you join us for a fun filled week of swimming, canoeing, singing, building campfires, playing games, making crafts and SO MUCH MORE!

At Sherbrooke Lake Camp we believe in kids! We provide a safe and supportive environment for campers to be themselves, try something new and form friendships that will last a life time!

Camp is a beautiful place to connect with nature and unplug from the hustle and bustle of daily life. Our site features enchanting hiking trails, a stunning sandy beach and our lovely lake, perfect for staying cool in the summer sun!

We strive to create an affirming and inclusive environment and camp community. Our campers come from all walks of life and we work to ensure the diversity of our campers is reflected and celebrated in our programming, practices and policies. All Campers are welcome at Sherbrooke Lake!

Once again, we cannot wait to welcome you through our gates this summer and look forward to providing each and every one of our campers with memories that will last a lifetime!

Sincerely,

Maddie Stewart, Summer Camp Director and the Sherbrooke Team!

A Day at Camp!

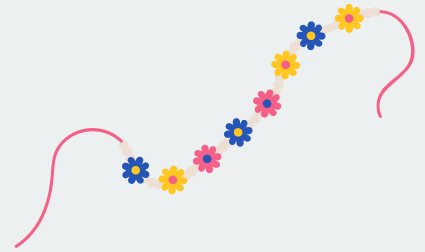
Here is an example of a typical day at Sherbrooke Lake!



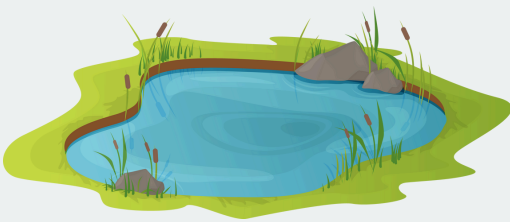
Morning



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



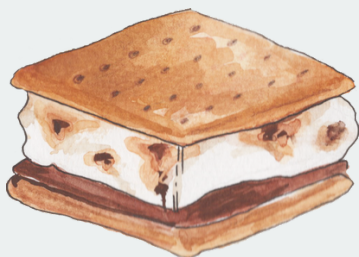
Afternoon



- 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!



Bedding

- Sleeping Bag
 - (Especially for Intermediate/Seniors who go out on Out-trip)
 - Pillow
 - Extra blanket
 - Mattress topper & sheet (we provide mattresses but you may prefer extra cushion)
-



Clothing for all Weather

- Pyjamas, long and short set depending on the weather
 - Sweatshirt(s)
 - T-shirts
 - Jacket(s) (regular and rain)
 - Pants/Sweatpants & Shorts
 - Socks and Underwear
 - Nice outfit for our weekly turkey dinner (optional)
 - Bathing Suit(s)/ 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!



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
 - 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!
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Toiletries

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

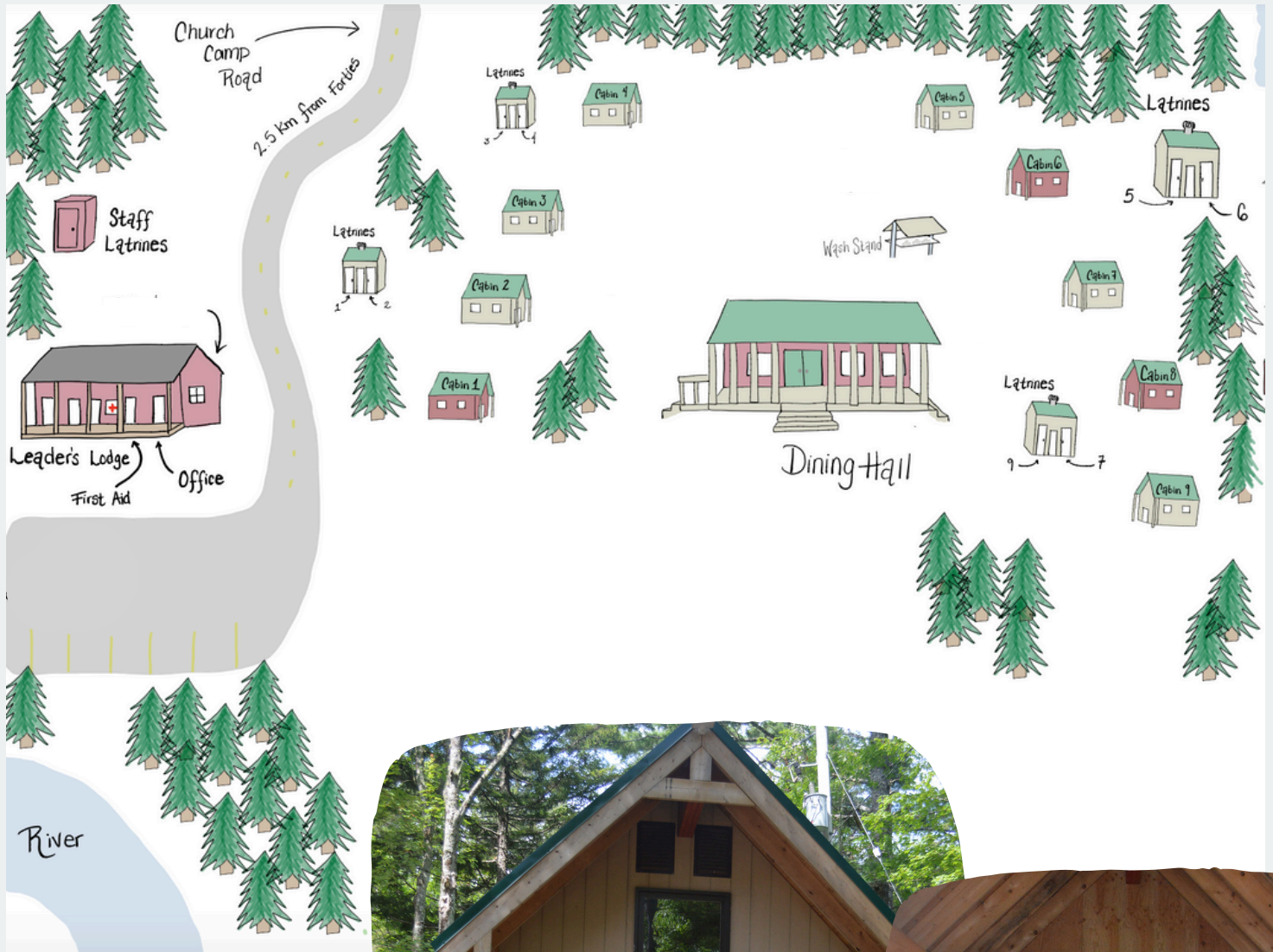
Please note There is not a shower available to campers, however, we swim every day!



Medications

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

Camp Map

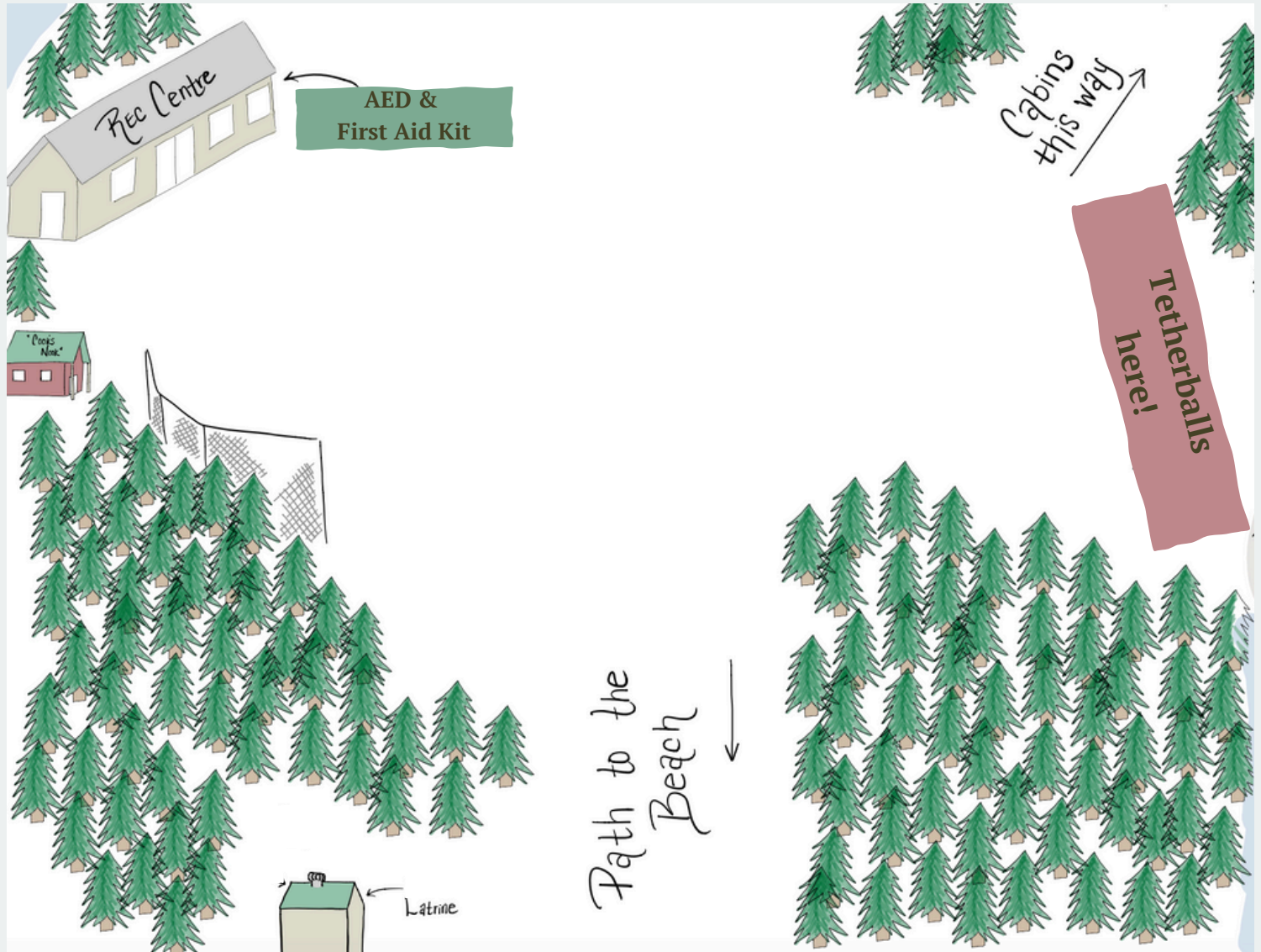


Outside and inside one of our cabins!
Every cabin is NEW with an inclusive
change room.



Our dining hall!

Camp Map

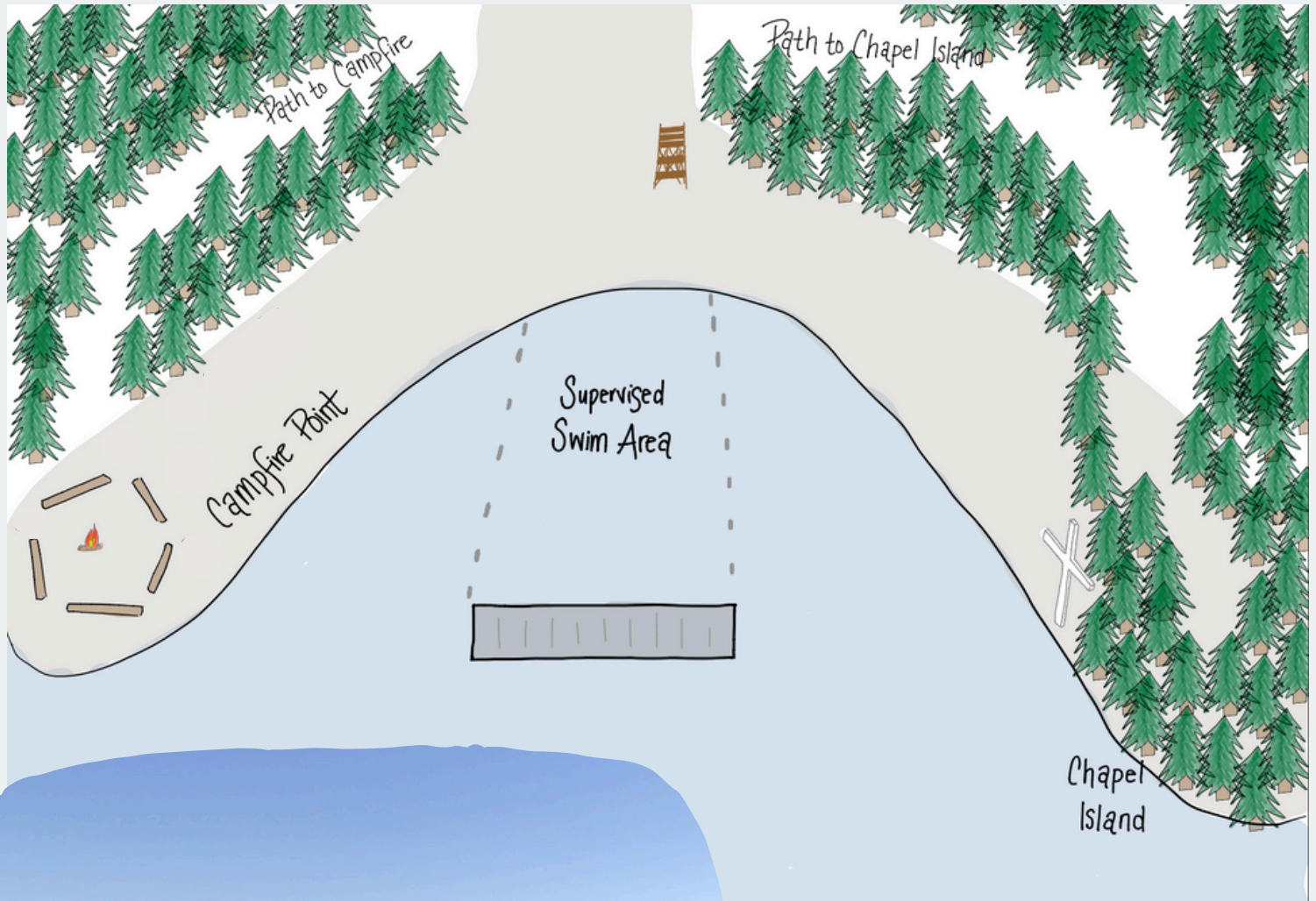


↖ The Rec Centre!

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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Hannah Bawn - Business Manager

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