



CAMP
KTA
TEKAKWITHA

INFORMATION HANDBOOK 17 YEARS OLD



Cabin:
PAM





Dear Parents,

We are delighted to welcome you to Camp Tekakwitha and thank you for your trust. Our team is excitedly preparing to welcome your young adult to the Apprentice Staff Program (PAM).

Although they are 17 years old and on the cusp of adulthood, this stay represents in some ways a final summer at camp as a camper, while also initiating a structured transition to a staff member role.

This information handbook contains essential information to help you prepare for your participation in the program. We encourage you to read it carefully.

For any questions, please feel free to write to us at ckta@campdevacances.com.

We look forward to welcoming you soon to the shores of Lake Androscoggin.

The Camp Tekakwitha team

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GENERAL INFORMATION



This section provides an overview of the stay to better understand the spirit of the experience at Camp Tekakwitha. The following sections of the handbook then provide more in-depth practical information.

A learning and living environment

The Apprentice Staff Program (PAM) is designed for motivated young adults who wish to engage in a process of training and personal development. Conceived as a living environment, the program fosters autonomy, a sense of responsibility, confidence, and leadership through group living, educational guidance, and structured training. This training focuses on areas such as camp activities, group management, teamwork, and camp leadership.

Program duration

The PAM takes place over a period of approximately one month (27 days to be exact). This duration allows for genuine immersion in camp life and continuity in training, while also giving trainees time to adapt to the camp's rhythm and operations. They develop within a structured and supervised environment, where observation, experimentation, and gradual practical application support skills development, without assuming formal responsibilities.

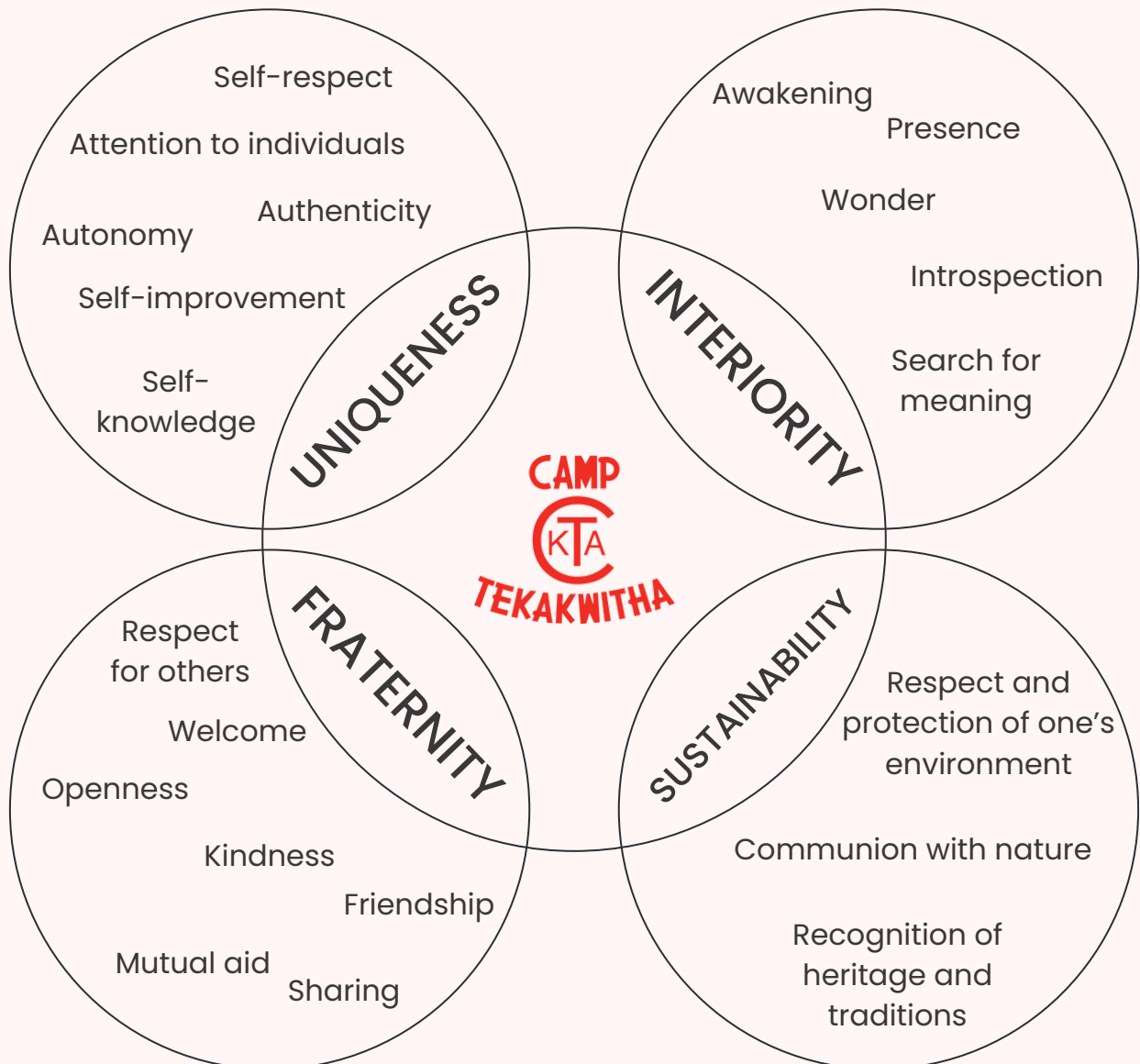
In a few words

The Apprentice Staff Program offers an immersive and educational experience to young adults wishing to develop their skills, leadership and commitment, in a safe, structured and meaningful environment.

MISSION

To offer youth the educational support that promotes their development through meaningful individual and group experiences, lived in a French-speaking outdoor environment.

VALUES



CAMP RULES

Respect

- Show respect to yourself, other campers, staff and visitors.
- Ask permission before touching other people's belongings or entering their personal spaces.
- Never encourage intimidation or violence, either through actions or words.
- Accepting each other's differences and limitations without judgment.
- Create an atmosphere where everyone can participate and express themselves freely.
- To preserve group spirit, behaviors that go beyond friendship are not allowed.

Language

- Speak in French.
- Use polite and respectful language.

Dress code

- Wear clothing suitable for the activities and outdoors.
- Wear a sports swimsuit (no triangle or bandeau bikinis for girls and with mesh underwear for boys).

Personal belongings

- Leave electronic devices and valuables at home or hand them over to the administration if absolutely necessary.

Environment

- Take care of the environment and apply the "leave no trace" rules.
- Use the bins and recycling containers provided for waste.
- Do not draw or engrave on the furniture, walls or any surfaces in the cabin.

Safety and well-being

- Follow the rules and verbal and written instructions.
- Do not bring candy or food into the cabin.
- Do not smoke, vape, or consume alcohol, drugs or any intoxicating substance.
- Respect the curfew.

Hygiene and cleanliness

- Wash your hands often, especially before eating and after using the toilet.
- Brush your teeth after meals.
- Participate in cleaning the cabin and keep your personal space clean and tidy.

Taking action in the face of problems

- If you see any inappropriate behavior (abuse, threats, violence, etc.), talk to a staff member.
- To show solidarity and contribute to resolving difficult situations.

CONSEQUENCES FOR VIOLATING OR FAILING TO COMPLY WITH CAMP RULES

Depending on the severity of the incident, the consequence may be more severe.



01

Verbal warning.

02

Temporary suspension of activity and discussion with group leaders.

03

Exclusion from activities, discussion with camp management and call with parents.

04

Expulsion from the camp.

PREPARE YOUR CHILD FOR THE PAM EXPERIENCE.

We may be biased, but we sincerely believe that the Apprentice Staff Program (PAM) is one of the best gifts you can give your 17-year-old. Much more than just a camp stay, it's a formative experience that supports their transition to adulthood.

The PAM prepares young adults to work at camp while developing lasting skills. Responsibilities, teamwork, communication, initiative, and time management are all valuable assets for CEGEP, university, and the job market.

Pack the suitcase together

At this age, your child is usually independent in packing their own bag. Your role is primarily to accompany them to ensure that everything necessary is included and that instructions are followed. Reviewing the list together allows you to check for omissions and avoid packing prohibited or valuable items. Make sure everything is clearly labeled.

To transmit confidence and enthusiasm

At this pivotal age, your child is ready to take on new challenges. By expressing your confidence in their abilities, the camp, and the staff, you help them approach the PAM with assurance. The program is rigorously structured, safe, and supportive. Your positive attitude fosters their engagement and motivation.

Speaking about the WFP with pride and realism

Discussing the program helps your child envision the experience. Talk about the training, group living, responsibilities, practical sessions, and camping trips. Even in a camp setting, the PAM remains a serious training program, including theoretical content such as first aid, balanced by practical learning and engaging group activities.

Recognizing that some moments will require effort and adaptation allows us to present challenges as genuine learning opportunities.

PACKING FOR CAMP

To facilitate the preparation of the stay and ensure your child's comfort throughout the summer, we invite you to take note of the following reminders before packing their bags.

- **Type of luggage**

Luggage must be placed in a soft bag such as a sports bag or a duffle bag (e.g., a hockey equipment bag). Hard-shell suitcases are not permitted, as they make it difficult to store under the beds in the cabin.

- **Identification required**

All clothing, shoes, and personal belongings, including bags, camping equipment, and accessories, must be clearly labeled with the child's full name. Proper identification is essential given the number of campers on site.

- **Clothing suitable for camp life**

Pack comfortable, durable clothing that can get dirty. The days will include sports activities, outdoor games, frequent time at the beach and in the water, and one or two nights camping.

- **Laundry**

Laundry is done approximately once a week. The packing list takes this frequency into account. If your child gets dirty easily, it is strongly recommended that you have one or two sets of spare clothes to ensure their comfort between washes. All clothing must be machine washable (regular cycle) and dryer safe. Delicate or special care items are strongly discouraged.

- **Valuables**

Camp Tekakwitha accepts no responsibility for the loss, theft, or damage of clothing, personal belongings, glasses, contact lenses, or orthodontic appliances. Valuables and prohibited items must be left at home.

- **Lost and Found**

Lost items claimed after the child has left can be shipped home upon request; however, the claimant is entirely responsible for the shipping costs, and the organization assumes no liability. Any lost item or clothing unclaimed by October 1st following the summer season will be donated to local charities.

PROHIBITED CLOTHING AND ITEMS

To ensure a safe and equitable living environment for everyone, the following items should not be brought to camp. Otherwise, they will be collected, kept in a safe place, and returned at the end of the stay.

- Sweets, candies, food or snacks
- Valuable or irreplaceable clothing, jewelry and accessories
- Any electronic device (e.g., cell phone, tablet, game console, headphones, smartwatch, etc.)
- Swimsuits unsuitable for camp activities:
 - Short swim briefs without mesh underwear
 - Triangle, bandeau or string bikinis
- Aerosols, including aerosol sunscreen and aerosol mosquito repellent
- Dagger-type knives or hatchets
- Over-the-counter medications (e.g., acetaminophen, ibuprofen, lozenges, syrup, etc.)
- Permanent marker pens
- Matches and lighters

CLOTHING AND USEFUL BUT OPTIONAL ITEMS

The following items are not mandatory, but may contribute to your child's comfort, well-being or enjoyment during their stay.

- One more elegant outfit for the gala or special end-of-stay activities
- 1 additional long-sleeved shirt for UV protection
- Reading books or puzzle books (crosswords, riddles)
- Card games or other portable games
- Notebook, sketchbook and pencils
- Writing paper, envelopes, pencils
- Disposable camera
- Musical instrument (lightweight, not fragile and of little value)
- Fishing rod and lures
- Small extra reusable bag (for the beach or outings)
- A comforting object (stuffed animal, photo, small souvenir from home)

MANDATORY PACKING LIST

Clothes

- 8 short-sleeved t-shirts
- 3 long-sleeved t-shirts
- 2 warm sweaters
- 4 long trousers
- 5 shorts
- 10 underwear
- 10 pairs of socks
- 3 pairs of warm socks
- 2 pyjamas
- 1 waterproof raincoat



Personal hygiene

- 1 hairbrush or comb
- 1 shower basket with soap, shampoo, conditioner, etc.
- 1 toothbrush and toothpaste
- Sunscreen (SPF 30 minimum, non-aerosol)
- Mosquito repellent lotion (non-aerosol)
- Deodorant or antiperspirant
- Menstrual products, if applicable

Beach and swimming

- 2 to 3 swimming/sports type swimsuits
- 2 beach towels

Shoes and accessories

- 2 pairs of running shoes/sneakers
- 2 pairs of sandals (avoid leather, favor Crocs type)
- 1 pair of rubber boots
- 2 caps, hats or scarves

Bedding

- 1 duvet or comforter
- 1 pillow
- 2 sets of bed sheets (single bed)
- 2 bath towels
- 2 washcloths
- 1 bag/soft basket for dirty laundry

Miscellaneous items

- 2 reusable water bottles (Nalgene type, minimum 1 L)

MANDATORY PACKING LIST

Camping (2 to 3 nights)

- 1 trekking backpack (40 to 60 liters)
- 1 waterproof backpack cover (Coverpack)
- 1 sleeping bag that fits inside the backpack
- 1 compression bag ± 10 to 20 L
- 1 sleeping pad (foam or inflatable)
- 1 headlamp and spare batteries
- 1 bowl and 1 spoon
- 1 Fox 40 type ballless whistle
- 1 pair of hiking boots
- 2 pairs of hiking socks
- 1 set of sweat-wicking and quick-drying sportswear (short-sleeved top, shorts, underwear)
- 1 set of warm fleece-type clothing for the evening (avoid cotton)
- 1 beanie and 1 pair of gloves
- 1 synthetic chamois-type towel
- 10 Ziploc-type bags (medium size)
- 2 or 3 garbage bags (regular size)
- Wet wipes (Wet-Ones type)

Our recommendations for trekking equipment can be found on page 31.





ARRIVAL AT CAMP

The first day is carefully structured to ensure a safe, efficient, and reassuring arrival for all campers. The steps vary depending on the chosen mode of transport. Please consult the section relevant to your child's situation.

WITH THE PARENTS

Arrival time

Families are welcomed to arrive at camp team between 10am and 1pm.

Procedure

- Accompanied by camp staff, the parents will get their child settle in their cabin.
- Mandatory stops
 - At the administration, parents must bring the required documents (passport and travel documents, if applicable) and pay the remaining balance of fees, if applicable.
 - At the Infirmary or health care service, parents must hand over any medication, prescribed or not.
- A self-guided tour of the site is encouraged, allowing visitors to meet staff members and explore the facilities.
- Lunch is served in the dining hall between 11:30 a.m. and 1:00 p.m. on June 24 and July 20, and at 12:15 p.m. on July 7 and August 4. Parents are invited to share this meal with their child and the staff.

Parents' departure

A brief, positive and confident goodbye is recommended to facilitate a smooth transition to camp life, no later than between 2:30 p.m. and 3:00 p.m.

BY BUS (ONLY ON JUNE 24TH OR JULY 22ND)

Before departure

- Bus reservations should be made as early as possible due to limited seating.
- All cancellations must be made at least two weeks in advance. Otherwise, no refund will be given.
- The required documents (letter of consent, passport or proof of citizenship depending on age) as well as any medication, prescribed or not, must be given to the bus manager at the meeting point.

Meeting points

- Quebec
 - Saint-Jean-Berchmans Boarding School
 - 2303, Chemin Saint-Louis, Quebec City (Quebec) G1T 1R5
 - Check-in: 8 a.m.
 - Departure for camp: no later than 8:30 am
- Saint-Lambert
 - Durocher College Saint-Lambert, Durocher Pavilion
 - 857 Riverside Street, Saint-Lambert, Quebec J4P 1C2, Parking P3, access via Tiffin Street
 - Check-in: 9 a.m.
 - Departure for camp: no later than 9:30 am

Upon arrival at the camp

- The bus driver hands over the important documents to the Administration and the medication to the Infirmary.
- The animation team members then accompany the campers to their cabins and help them get their bearings.



BY AIRPORT SHUTTLE

Before the trip

- The Portland Airport – PWM shuttle must be booked as early as possible due to limited seating.
- All cancellations must be made at least two weeks in advance. Otherwise, no refund will be issued.
- Travel-related expenses (e.g., baggage, unaccompanied minor services) must be paid before departure.

Upon arrival at Portland Airport (PWM)

- For campers under 15 years of age, considered unaccompanied minors, the camp driver meets the child directly at their arrival gate. They then accompany them to the baggage carousel and then accompanies them to camp.
- For campers aged 15 and over, the camp driver meets the camper at the baggage carousel, then accompanies them to camp.
- The driver will collect all the important documents and medications.

Upon arrival at the camp

- The driver delivers the important documents to the Administration and the medications to the Infirmary.
- Camp staff will accompany the campers to their cabins and help them settle in and get their bearings.

KEY POINTS TO REMEMBER

The first day aims to ensure a smooth transition to camp life. Regardless of the arrival method, our team is fully committed to welcoming each child, meeting their needs, and supporting them with kindness from their very first moments at camp.



DEPARTURE FROM CAMP

Departure day is always an emotional one. Depending on the chosen mode of transport, the steps will differ. Please consult the section that applies to your child's situation.

Packing

- Luggage is prepared the day before departure with the assistance of camp staff.
- Lost items are shown to campers so they can retrieve their belongings. Despite this, some children still don't recognize their clothes or items.



WITH THE PARENTS

Departure time

- Parents are expected at the camp before 12 p.m. (noon).
- If you are going to be late, please let us know as soon as possible so that we can reassure your child.

Procedure

- The final goodbyes take place at 8:45 a.m. All staff members take the time to greet each camper individually, marking the end of the stay in a warm and meaningful way.
- Families are welcomed by the camp team.
- Retrieving your child's luggage.
- Checking for lost items.
- Mandatory stops
 - Administration: collection of required documents (passport, travel documents, if applicable) and payment of the remaining balance of fees, if applicable
 - Infirmary / Healthcare: Retrieve any medication

BY BUS (ONLY ON JULY 20TH OR AUGUST 17TH)

Departure time

- The buses leave the camp around 10 a.m.

Meeting points (same addresses as on the outward journey)

- Saint-Lambert :
 - Arrival expected around 4 p.m.
- Quebec:
 - Arrival expected around 5 p.m.
- We thank you for being punctual at the meeting points to facilitate the smooth running of arrivals.
- We will contact you by email to keep you updated on the transport, whether the group will be on time or late.

Upon arrival

- The transport managers give the following to the parents:
 - the child's important documents;
 - medication, if applicable.

BY AIRPORT SHUTTLE

Departure time

- The camp driver takes the campers back to the airport approximately two hours before the scheduled departure time of the flight.

At Portland Airport (PWM)

- For campers under 15 years of age, the driver accompanies the child to the boarding gate, in accordance with the procedures applicable to unaccompanied minors.
- For campers aged 15 and over, the driver accompanies the camper to the security checkpoint, in accordance with applicable procedures.
- Important documents and medication are given to the child at the appropriate time.

KEY POINTS TO REMEMBER

Leaving camp marks the end of a rich and meaningful experience. Our team ensures that each camper experiences this stage with the same care, attention, and kindness as upon arrival, so that the stay ends on a positive and memorable note.

TRAVELING TO THE UNITED STATES

For many families, a stay at Camp Tekakwitha involves travel to the United States. To ensure a smooth entry into the country that meets all applicable requirements, certain considerations must be taken into account before departure.

Travel documents

Each camper must have the required documents according to their age, citizenship, and mode of transport:

- 15 years and under: passport or proof of citizenship
- Ages 16 and over: valid passport required
- A parental consent letter is required for any child under 19 years of age using the camp's bus transportation.
- For children travelling without both parents, a consent letter is strongly recommended.

Crossing land borders

When crossing U.S. land borders, you may be asked to answer questions from border agents.

- It is important that the answers are clear, honest and concise.
- US authorities may conduct inspections of luggage or electronic devices, in accordance with their usual procedures.
- If the duration of the stay in the United States exceeds 30 days, registration with the US authorities may be required.

Official resources

As requirements may change, we strongly encourage you to consult the official websites before departure:

- For Canadian families: the Government of Canada website – Travel Advice;
- For international families: government resources from your country of origin as well as those from the US authorities.

The Camp Tekakwitha team remains available to answer general questions; however, compliance with travel requirements remains the responsibility of families.

TYPICAL DAILY SCHEDULE

7 h 30	Wake up
7 h 40	Polar bears
8 h 30	BREAKFAST
9 h 30	Cabin inspection
9 h 50	Training session
10 h 50	Lake time
11 h 40	Break
12 h 15	LUNCH
13 h	Quiet time
13 h 50	Group activity
15 h 05	Lake time
16 h	CANTEEN
16 h 40	Training session
17 h 40	Break
18 h 15	SUPPER
19 h 15	Training debrief
20 h 30	Campfire or quiet activity
22 h	Back in the chapel (dorms)
22 h 30	Bedtime



ACTIVITIES

The PAM combines training with participation in camp life. Seventeen-year-olds take part in training sessions while also participating in traditional camp activities. This experience allows them to develop skills in leading activities, teamwork, and facilitation, while fully experiencing the camp spirit.

Sports and outdoor activities

- Archery
- Natural Sciences
- Soccer, basketball, volleyball
- Rock climbing
- Giant swing rope
- Zip line

Group life and quiet moments

- Supervised free play
- Group discussions
- Reading
- Quiet games and relaxing activities



Creative activities

- Arts and craft
- Pottery
- Improvisation
- Songs
- Dance

Water activities

- Swim
- Paddleboard
- Kayak
- Sailing
- Fishing
- Inflatable waterslide





CAMPING AND TRAINING

As part of the PAM, camping trips serve as a central learning experience. Seventeen-year-olds take part in an activity in the area surrounding the camp designed to develop their ability to plan and supervise a group in an outdoor setting. In doing so, they strengthen their skills in leadership, safety, decision-making, and group management.

The training covers camping preparation, including planning, equipment selection, and risk management, as well as working with youth in a natural environment. Supervised by experienced instructors, PAM participants learn to adapt to field conditions and maintain a positive and safe environment.

HEALTH AND SAFETY

The health and safety of campers are top priorities at Camp Tekakwitha. Appropriate measures are in place to provide a safe environment that meets the laws and requirements for summer youth camps.

Daily healthcare management

Healthcare is provided on-site by two healthcare attendants who are present at all times. These individuals are not physicians or registered nurses, but are students currently enrolled in health-related fields and hold at least a first responder certification.

They monitor daily health needs and ensure the safe administration of medication. When a situation exceeds their scope of intervention, appropriate external medical services are engaged and parents are informed.



Anaphylactic allergies

For campers with an anaphylactic allergy, three auto-injectors (EpiPens) are required: one is kept at the medical center, one is available in the dining hall, and the third must be carried by the child at all times. The staff is trained to respond quickly in case of a reaction, and the camp also maintains an inventory of auto-injectors.

Emergency and external services

In the event of a situation requiring outpatient care, the nearest hospitals and clinics are located in Lewiston-Auburn, approximately 25 minutes from the camp. The camp is also served by nearby emergency services (fire, ambulance, and police), with average response times ranging from 5 to 30 minutes.

ALTERNATIVE MEALS

At Camp Tekakwitha, we believe that food safety is a shared responsibility. To accommodate most allergies and dietary restrictions, we offer alternative meals prepared by a dedicated cook. These measures incur additional costs, which are shared between the families and the camp.

This includes vegetarian, gluten-free, and lactose-free diets, as well as severe (mustard, legumes, soy) or multiple food allergies. Some single food allergies do not require alternative meals (fruits, nuts, peanuts, intolerances). Each application will be reviewed individually. The "alternative meal" option must be selected during registration.

Although we take these measures seriously, our kitchen does contain allergens such as gluten, nuts and peanuts, and we cannot guarantee the absence of cross-contamination.

For their camping trip, campers must bring their own food, as well as an individual cooking pot and appropriate utensils. In remote locations, we are unable to provide individual meals, as this would place too much strain on our trip leaders, whose priority is ensuring the safety and smooth running of the activity for the entire group. Please contact us for more information.



GROUP MANAGEMENT

The supervision offered at Camp Tekakwitha is based on recognized standards, clear policies and rigorous staff training, in compliance with the requirements applicable to summer camps.

Supervision of campers

During activities on the camp site, the ratio is at least one staff member for every six campers. This ratio is increased during outdoor excursions to ensure heightened supervision adapted to the context.

All staff members:

- are subject to a criminal record check;
- complete a mandatory pre-season training, including a minimum of 40 hours, focusing in particular on the supervision of young people, safety and appropriate interventions.

Certifications et inspections

Camp Tekakwitha is certified by the Quebec Camps Association, which conducts inspections every three years. The camp facilities are also inspected by the Maine Department of Health and Human Services on a biennial basis.

Communication with parents

The camp does not systematically communicate with families about the daily routine of the stay, in order to promote the autonomy and integration of the campers.

However, a communication line is available to address major concerns, and parents are informed as soon as possible of any situation requiring their intervention or decision-making.

LYME DISEASE PREVENTION

Camp Tekakwitha is located in a natural environment, where the presence of black-legged ticks may pose a risk of Lyme disease transmission. Prevention and intervention measures are in place at all times to ensure the safety of campers.

What is Lyme disease?

Lyme disease is an infection transmitted by the bite of an infected tick. The bites are often painless and can go unnoticed, but the disease is effectively treated when detected early.

Prevention measures at the camp

- Staff receive training on tick prevention and intervention.
- Campers are made aware of the behaviors to adopt in natural environments.
- Checks are carried out regularly, particularly after swimming periods and when preparing for bedtime.
- Self-examination is encouraged during the shower.

In case of a tick bite

- The tick is removed using recognized methods.
- The event is recorded and the affected area is monitored.
- At the end of the stay, the parents are informed and receive follow-up instructions.

Medical follow-up

Should a target-shaped rash or symptoms consistent with Lyme disease appear (fever, fatigue, headache, muscle or joint pain), Camp Tekakwitha will take the child for an external medical consultation. Parents will be informed as soon as possible.

The complete guide to Lyme disease prevention and intervention can be sent to parents upon request.

PREVENTION AND INTERVENTION IN CASES OF ABUSE

Commitment to Camp Tekakwitha

Camp Tekakwitha is committed to providing a safe, respectful, and violence-free environment. An official prevention and intervention policy is in place to ensure the protection of children at all times.

Zero tolerance

The camp applies a zero-tolerance policy towards any form of violence, harassment or abuse, whether verbal, psychological, physical or sexual.

Prevention measures

In order to minimize risks, Camp Tekakwitha is implementing the following measures:

- Criminal record checks for all staff
- Mandatory training and awareness-raising on prevention and intervention
- Adherence to the code of ethics and rules of conduct
- Increased supervision and vigilance

Intervention and reporting

Any concerning situation is reported immediately to management. In accordance with the Youth Protection Act, a report to CPS (child protective services) is made when there is reasonable cause to believe that a child's safety or development is compromised. Parents are informed when the situation allows.

The complete policy on the prevention and intervention of violence and abuse can be sent to parents upon request.

PREVENTION AND INTERVENTION IN CASES OF HARASSMENT

Commitment to Camp Tekakwitha

Camp Tekakwitha is committed to preventing and stopping any situation of psychological or sexual harassment, including discriminatory harassment.

The policy applies to all staff, volunteers, members of the corporation and any person associated with the camp, in all contexts related to the work and activities of the camp.

Zero tolerance

The camp applies a zero-tolerance policy towards any form of harassment.

Measures in place

- Presentation and accessibility of the policy to staff
- Training and awareness-raising of staff regarding prevention and intervention
- Promoting a climate of respect and dignity
- Clear procedure for reporting and dealing with harassment situations

Intervention and handling of situations

Any situation of harassment or concerning behavior is addressed promptly by management or designated responsible individuals. Interventions are conducted with respect for confidentiality, fairness, and the dignity of those involved. Appropriate measures are implemented when unacceptable behavior is established.

The complete policy for preventing psychological or sexual harassment and handling complaints can be sent to parents upon request.

REFUND POLICY

The \$275 registration fee is non-refundable. For cancellations made before April 30, all fees paid will be refunded (100%). For cancellations made after May 1, we will refund half (50%) of the fees. No refunds will be issued in the event of withdrawal (due to injury or otherwise) or expulsion during the stay.

RISK MANAGEMENT

Camp activities involve inherent risks. Tekakwitha is an outdoor organization that ensures camper safety through strong supervision, extensive staff training, and adherence to safety standards. Campers must be in good physical condition and follow staff instructions for safe activities (e.g., camping trips).

In the event of an early departure from the camping trip, the participant must rejoin their group on the trail if their health permits. Otherwise, they must return home without waiting for the group to return.





Head office

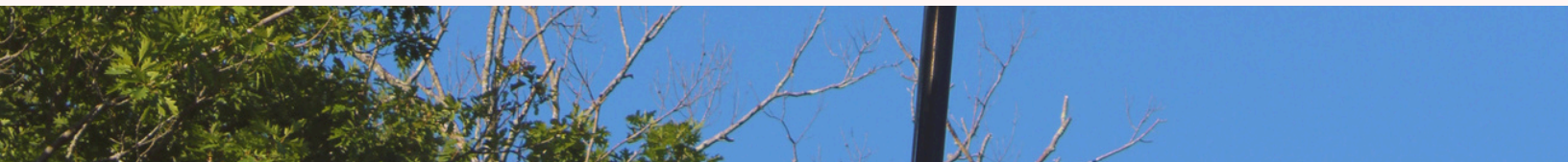
2035 rue du Haut-Bord,
Quebec City, QC,
Canada, G1N 4R7

Telephone: 1 (418) 843-1532

Summer

67, Camp Tekakwitha Road
Leeds, ME
U.S.A. 04263

Telephone: 1 (207) 524-3101



RECOMMENDATIONS FOR TREKKING EQUIPMENT

Hiking boots

The boots should offer good stability and a grippy sole, suitable for varied terrain. It is strongly recommended that your child wear their boots several times before camp to prevent blisters and discomfort during excursions.

Trekking backpack

The backpack should fit the child's body properly, with a padded waist belt, shoulder straps, and back panel. A 40-liter or larger bag is required to adequately carry their equipment. A used bag is acceptable, provided it is in good condition and comfortable after testing.

Socks and clothing

Technical socks made of merino wool or synthetic fibers are recommended, as they wick away moisture and reduce the risk of blisters. Active clothing should dry quickly, and cotton should be avoided, as it is less suitable for prolonged exertion.

Sleeping bag and sleeping pad

A compact, compressible, three-season sleeping bag is recommended. The temperature rating is indicative; a model around -7°C offers good versatility.

The sleeping pad can be made of foam (light and sturdy) or inflatable (more comfortable), provided that it is easily transportable.

General preparation

All equipment should be tested before the trip whenever possible. Good equipment preparation allows the young person to focus on the experience, the collective effort, and the enjoyment of the trek, rather than on avoidable discomforts.