A NOTE FROM THE DIRECTOR’S DESK

They say it takes about 90 hours of time to form a real friendship with someone. However, when you live with someone, eat meals with someone, share new and sometimes challenging experiences with someone, those bonds form exponentially faster. Despite the fact that one’s time at camp can be short, camp friendships are often some of the most meaningful friendships in people’s lives.

Camp friendships are that type of friendship where it doesn’t matter how much time you spend apart. When you see that person again, it seems as though you pick up just where you left off. You may live miles apart, or come from vastly different backgrounds, however you share a common experience at camp that truly bonds you together forever. Through this shared experience campers end up having very fond memories of their time at summer camp.

The community of friendships formed at summer camp is what stays with people years after their time at camp and leaves a lasting impact. Every year when we begin our staff hiring process, returning staff members arrive in droves beaming with excitement to see their summer friends again. We know this is one of main drivers of why folks choose to work at summer camp, because they get to spend time with incredible like minded people who they enjoy being around. This feeling inevitably trickles down into the camper experience and it is what we focus on at Sasamat - building positive, meaningful relationships.

Whether it is your campers first or fifth time at camp this summer, we look forward to welcoming them to Sasamat. We are excited to meet them, and we hope they return home having met some people that will stay with them for years to come.

Kristen Hyodo
Executive Director
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
<th>Notes or Questions?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camper Health Care</td>
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<td>Camper Regulations &amp; Policies</td>
<td>16</td>
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<tr>
<td>Reaching Your Child At Camp</td>
<td>17</td>
<td></td>
</tr>
</tbody>
</table>

Questions?
www.sasamat.org
camp office 604-939-2268 ex. 1 (9am-5pm)
All staff have been trained in first aid to provide the best possible care for your child.

In this section:

1. Medications
2. Head Lice Policy
3. Nut Policy
4. Allergies and Special Diet Restrictions

Sasamat has trained first aiders on site at all times to assist in dispensing your child’s medications, treating any injury or illness or being there for a quiet and supportive chat if need be. If our team feels that your child needs further medical attention than we can provide, we will contact you and take them to Eagle Ridge Hospital in Port Moody immediately.

<table>
<thead>
<tr>
<th>Sasamat’s Health Care Philosophy</th>
<th>Medications</th>
<th>Nut Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td>No one likes feeling under the weather away from home. In order to prevent this, we focus on health promotion. We encourage campers to stay hydrated, wear sunscreen and a hat, to get lots of sleep and stay safe.</td>
<td>If your child requires medications while at camp, be sure they are in the original bottles and clearly labelled. They will be stored in our locked first aid room and dispensed by staff. If your child has any additional medical requirements, please ensure they have been noted on registration forms.</td>
<td>While Sasamat does its best to be a nut free environment, we also acknowledge there are variables that may affect this. We consciously do not order nut products or serve any nuts in our meals. However, there is the possibility that someone may bring food to camp that contains nuts. Please ensure that any food you send with your child is nut free and advise your child not to share food with other campers. All of our staff have been trained in how to deal with an anaphylactic allergic reaction.</td>
</tr>
</tbody>
</table>
Head Lice

Sasamat promotes a healthy living environment for all campers and staff and strives to keep camp a lice-free environment. Lice are not harmful in anyway. However, they are quite a nuisance. All residential campers will be checked for head lice on the first day of camp. ALL campers should be thoroughly checked ONE WEEK prior to camp in order to allow time for treatment if needed. Campers should also be checked again TWO DAYS before camp. If lice or nits (eggs) are found, the camper’s guardians will be contacted and have the choice of having staff treat the camper at camp, or taking the camper home to treat the lice. Please remember it is difficult to integrate into a cabin group if campers miss the first few days of camp, so please be diligent in preparing your child for camp and checking their head ahead of time.

Special Dietary Concerns

Our kitchen staff work diligently to prepare well rounded healthy meals that meet the needs of our active campers. We are able to accommodate most dietary concerns. For severe dietary restrictions families may be asked to provide supplementary food. If your child’s dietary requirements have been noted on your registration form, our food service staff will ensure those requirements are met or contact you if they need further information or supplementary food.
### Sasamat & Belcarra Day Camp

- Change of Clothes (optional - in case one pair gets wet)
- Rain Gear
- Extra Sweater or Light Jacket
- Bathing Suit & Towel
- Beach Shoes & Rain Boots (optional - weather dependent)
- Running Shoes
- Hat
- Sunscreen
- Water Bottle
- A Snack
- A Camera (optional - not a phone, disposable works great)
- A Backpack (day pack/school-bag)

Bagged Lunch (if lunch has not been purchased) *Bagged lunches are only available for Sasamat campers, they are not available for Belcarra campers.*

### Residential & Teen Camp

Clothing for 5 days of camp for warm or cold weather (t-shirts, shorts, pants, sweatshirt, underwear)

- Pajamas
- Bathing Suit & Towel
- Hat
- Rain Gear & Rain Boots
- Sleeping Bag (sheets if preferred)
- Pillow
- Running Shoes
- Beach Shoes (sandals with toe straps, not flip-flops)
- Toiletries (toothbrush, toothpaste, shampoo, soap, hair brush)
- Sunscreen & Insect Repellent (repellent optional)
- Water Bottle
- A Camera (not a phone)
- Duffle Bag & Backpack for Hikes or Overnights
- Flashlight
- Favourite Stuffed Animal (optional)
- Book or Journal
### Camper Packing Lists

#### Sasamite Nature Club

<table>
<thead>
<tr>
<th>Item</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change of Clothes</td>
<td>(optional - in case one pair gets wet)</td>
</tr>
<tr>
<td>Rain Gear</td>
<td></td>
</tr>
<tr>
<td>Extra Sweater or Light Jacket</td>
<td></td>
</tr>
<tr>
<td>Bathing Suit &amp; Towel</td>
<td></td>
</tr>
<tr>
<td>Beach Shoes &amp; Rain Boots</td>
<td>(optional - weather dependent)</td>
</tr>
<tr>
<td>Running Shoes</td>
<td></td>
</tr>
<tr>
<td>Hat</td>
<td></td>
</tr>
<tr>
<td>Sunscreen</td>
<td></td>
</tr>
<tr>
<td>Water Bottle</td>
<td></td>
</tr>
<tr>
<td>A Backpack (day pack/school-bag)</td>
<td></td>
</tr>
<tr>
<td>Bagged Lunch</td>
<td><em>Bagged lunches are only available for Sasamat day campers, they are not available for Sasamite campers.</em></td>
</tr>
</tbody>
</table>

#### Lost & Found

Despite our best efforts, many personal items are left behind at camp. Every item of clothing that your child brings to camp should be labelled with their name and phone number. Every Thursday evening and Friday afternoon, lost and found will be displayed for parents to look through. You can search for lost belongings at these times.

We do our best to return all belongings to their owners. We will hold lost and found items for four weeks, after which they are donated to charity.
# Camper Packing Lists

## Voyageur I

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pair athletic pants (quick drying preferably) &amp; 1 pair warm pants</td>
<td></td>
</tr>
<tr>
<td>1 pair athletic shorts</td>
<td></td>
</tr>
<tr>
<td>1 t-shirt &amp; 1 long sleeve shirt</td>
<td></td>
</tr>
<tr>
<td>1 set of long underwear (top and bottom)</td>
<td></td>
</tr>
<tr>
<td>1 warm fleece or sweater</td>
<td></td>
</tr>
<tr>
<td>1 waterproof rain jacket and pair of rain pants</td>
<td></td>
</tr>
<tr>
<td>1 pair of supportive running or hiking shoes</td>
<td></td>
</tr>
<tr>
<td>1 pair of comfortable closed toed sandals (not flip-flops)</td>
<td></td>
</tr>
<tr>
<td>4 pairs of socks and 1 pair of warm sleeping socks</td>
<td></td>
</tr>
<tr>
<td>5 pairs of underwear</td>
<td></td>
</tr>
<tr>
<td>1 bathing suit and small towel</td>
<td></td>
</tr>
<tr>
<td>1 sun hat and 1 pair sunglasses</td>
<td></td>
</tr>
<tr>
<td>At least a 0 degree sleeping bag with compression sock (alternatives include dry bag/garbage bag). -7 degree sleeping bag is preferable.</td>
<td></td>
</tr>
<tr>
<td>2 water bottles, wide brim Nalgenes work well</td>
<td></td>
</tr>
<tr>
<td>1 small notebook and pen</td>
<td></td>
</tr>
<tr>
<td>Toiletries: small tube of toothpaste, toothbrush, small bottle sunscreen, 1 small bottle hand sanitizer, 1 small bottle bug spray, 1 roll of toilet paper. Any other personal items required (ex. contacts/medications)</td>
<td></td>
</tr>
<tr>
<td>Thermarest or sleeping pad (optional, Sasamat can provide blue foam pad)</td>
<td></td>
</tr>
<tr>
<td>1 30l dry bag &amp; 1 duffle bag or suitcase for camp belongings</td>
<td></td>
</tr>
<tr>
<td>Comfortable clothes for in camp before and after trip</td>
<td></td>
</tr>
</tbody>
</table>
Key Considerations For Out-Trip Packing

Quick Drying non-cotton materials are best for trip (synthetic fabric and wool are great options). These materials keep their insulating qualities even when wet. Cotton is NOT recommended as a clothing layer on a camping trip. Wet or damp cotton draws heat from the body and is difficult to dry on trip.

Synthetic or wool long underwear on a cold morning or during a rainy day makes the difference between comfort and distressing cold; synthetic or wool long underwear is light, easy to carry and easy to dry.

If you are unsure of what items to pack, send it all to camp with your child and our staff will help your camper make the best choice on packing day. Weight is an important consideration for camping trips where you move from site to site, so excess gear will not be packed. Whatever is not used will be stored safely at camp during the out-trip.

What Not to Bring to Camp

- non-medical drugs
- alcohol
- cigarettes
- inappropriate reading material
- cell phones & electronics (see camper regulations and policies)
- pocket knives
- valuables
- money
- fire starting devices
- aerosol cans
- food, candy, pop
## Camper Packing

### Ridgerunner I

- 1 pair athletic pants (quick drying preferably) & 1 pair warm pants
- 1 pair athletic shorts
- 1 t-shirt & 1 long sleeve shirt
- 1 set of long underwear (top and bottom)
- 1 warm fleece or sweater
- 1 waterproof rain jacket and pair of rain pants
- 1 pair of supportive hiking shoes or boots
- 1 pair of comfortable closed toed sandals (not flip-flops)
- 4 pairs of socks and 1 pair of warm sleeping socks
- 5 pairs of underwear
- 1 small towel
- 1 sun hat and 1 pair sunglasses

- At least a 0 degree sleeping bag with compression sack (alternatives include dry bag/garbage bag). -7 degree sleeping bag is preferable.
- 2 water bottles, wide brim Nalgene’s work well
- 1 small notebook and pen

Toiletries: small tube of toothpaste, toothbrush, small bottle sunscreen, 1 small bottle hand sanitizer, 1 small bottle bug spray, 1 roll of toilet paper. Any other personal items required (ex. contacts/medications)

- Thermarest or sleeping pad (optional, Sasamat can provide blue foam pad)

- 1 duffle bag or suitcase for camp belongings, Sasamat will provide a 75L hiking pack (you may use your own if it is sufficient in size to accommodate group & personal gear)

- Comfortable clothes & bathing suit for in camp before and after trip
Missing Home

In this section:

1. Missing Home vs. Homesick
2. Prevention Strategies
3. Tips from Dr. Michael Thompson

Homesick...or missing home?

At Sasamat we don’t say a camper is “homesick” we refer to the feeling as “missing home”. Missing home is a regular emotion that children and adults both experience, and it is certainly not a sickness. Normalizing the feeling is the first step to overcoming it!

Here are some strategies your family can use to help prepare your camper for a healthy away from home experience. These strategies help pro-actively prevent campers from missing home.

A. Display confidence in your child’s ability to sleep away from home (even if you’re nervous). A vote of confidence from Mom or Dad goes a very long way.
B. Practice. Arrange a few sleepovers with friends, grandparents, or extended family. This is a great way to prepare for camp, especially if your child has never slept away from home before.
C. Visit on Open House day or set up a time with the office to come visit. Camp is much less daunting if you already know what to expect when you arrive.
D. Set Goals. Have a discussion with your camper about why they are going to camp. Talk about the amazing people they will meet and the great activities they will get to do. See if there is something specific they would like to learn this year. Staff can use camper goals as a great tool to help campers through moments of missing home.
E. Pack together. Have your camper actively involved in the packing process to familiarize them with their “camp things”.

8
G. Have a few talking points prepared. Let your campers know how normal it is to miss home, that it is okay, and that the staff are there to talk to if they feel that way. Let them know that you are excited for them to go to camp. Try not to dwell on how much you will miss them, rather on how excited you are for them. Let them know they can write a letter home if they are missing home. (If you are anticipating your camper will miss home, you can also drop off a letter or them before camp starts that staff can give to them mid-week).

H. Avoid the “early pick-up promise”. Please do not tell your camper that they can come home early if they miss home, or are not having fun. This promise will undermine the staff’s ability to coach your camper through challenging times, and make it very difficult to overcome the initial feeling of missing home if they believe Mom and Dad will come pick them up. From our experience, getting through a tough week on their own always has a better learning outcome than the feeling of failure that accompanies leaving early.

H. Consider Thursday Night Campfires. Day Camp parents are invited to join us for our Thursday evening campfire and we love seeing a great turnout! However, please remember that part of the residential camp experience is learning to be away from home in a safe and supportive environment, and a visit from home can be upsetting to that experience.

I. Creature comforts. If your camper sleeps with a fan on, a nightlight or the T.V. running at night, start practicing sleeping without these things. At camp they will be sharing a room with 7 other campers and won’t be able to use these things. However, having bunk mates is usually exciting enough on its own that these comforts are quickly forgotten.

J. Keep us informed. If there has been a significant change in your camper’s life recently, such as school bullying or a family death, let us know. Knowing the full picture will make it easier for staff to support your camper.

Tips From Dr. Michael Thompson’s Homesick and Happy

“What Can Parents Do to Prevent or Lessen Homesickness?”

- have confidence in the child’s ability to manage the challenge of being away
- talk with their children about the possibility of homesickness
- practice being away from home
- involve the child in choosing the camp, getting to know the camp, and shopping and packing for camp. Research suggests that campers who feel more in control of the process suffer less from homesickness.
## Camper Transportation Information

In this section:
1. Be Bus Wise
2. Bus Stop Addresses
3. A.M. Bus Stop Times
4. P.M. Bus Stop Times
5. Frequently Asked Transportation Questions

### Be Bus Wise:
- **Arrive 15 minutes early from the time listed.** The times listed are departure times and buses will be loaded prior to that time. Children will be signed in as they board the bus, at which point you are free to leave.
- **When picking your child up please ensure you go to designated pick-up area and line up (with your camper) to sign them out with a staff member. Do not leave without signing your camper out.**

<table>
<thead>
<tr>
<th>Bus Stop</th>
<th>Address/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Vancouver</td>
<td>Located beside the tennis courts at Gladstone School on the corner of 25th &amp; Sydney</td>
</tr>
<tr>
<td>Burquitlam Stop</td>
<td>Located behind Burquitlam Plaza. The bus will be parked behind the plaza at the west end of Burquitlam Park near the entrance to the baseball diamond. The rear of Burquitlam Plaza can be accessed via Smith Avenue or Emerson Street.</td>
</tr>
<tr>
<td>Glen Elementary</td>
<td>The morning stop is on Westwood St. by the old school parking lot. The afternoon stop is on Glen Drive at the bus stop.</td>
</tr>
<tr>
<td>Port Coquitlam</td>
<td>Located on Coquitlam Avenue, between Aggie and McMitchell Parks (at the north end of the Lougheed Highway pedestrian overpass). Access to Coquitlam Avenue is from Chester Street, north of Lougheed Highway, off of Shaughnessy Street.</td>
</tr>
<tr>
<td>Port Moody</td>
<td>Located in the parking lot of Port Moody Recreation Centre, at 300 Ioco Road in front of the hockey arena.</td>
</tr>
<tr>
<td>A.M.</td>
<td>Pick-Up Day(s)</td>
</tr>
<tr>
<td>-----------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Belcarra Day Camp</td>
<td>Monday - Friday</td>
</tr>
<tr>
<td>Sasamat Day Camp</td>
<td>Monday - Friday</td>
</tr>
<tr>
<td>Resident Camp</td>
<td>Monday</td>
</tr>
<tr>
<td>Sasamite Nature Club</td>
<td>n/a</td>
</tr>
<tr>
<td>Ridge-runners I</td>
<td>Sunday</td>
</tr>
<tr>
<td>Voyageur I</td>
<td>Sunday</td>
</tr>
<tr>
<td>C.I.T (Weeks 1-3)</td>
<td>Monday - Friday</td>
</tr>
<tr>
<td>C.I.T (Week 4)</td>
<td>Monday</td>
</tr>
</tbody>
</table>
# Camper Transportation Information

<table>
<thead>
<tr>
<th>P.M.</th>
<th>Pick-Up Day(s)</th>
<th>East Vancouver stop</th>
<th>Burquitlam stop</th>
<th>Glen Elementary stop</th>
<th>Port Coquitlam stop</th>
<th>Port Moody stop</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belcarra Day Camp</td>
<td>Monday - Friday</td>
<td>Not Provided</td>
<td>Not Provided</td>
<td>Not Provided</td>
<td>Not Provided</td>
<td>3:45 p.m.</td>
</tr>
<tr>
<td>Sasamat Day Camp</td>
<td>Mon., Tues., Wed., Fri.</td>
<td>4:30 p.m.</td>
<td>4:00 p.m.</td>
<td>3:50 p.m.</td>
<td>4:00 p.m.</td>
<td>3:45 p.m.</td>
</tr>
<tr>
<td>Sasamat Day Camp</td>
<td>Thurs.</td>
<td>9:00 p.m.</td>
<td>8:30 p.m.</td>
<td>8:20 p.m.</td>
<td>8:30 p.m.</td>
<td>8:15 p.m.</td>
</tr>
<tr>
<td>Resident Camp</td>
<td>Friday</td>
<td>4:30 p.m.</td>
<td>4:00 p.m.</td>
<td>3:50 p.m.</td>
<td>4:00 p.m.</td>
<td>3:45 p.m.</td>
</tr>
<tr>
<td>Sasamite Nature Club</td>
<td>n/a</td>
<td>Not Provided</td>
<td>Not Provided</td>
<td>Not Provided</td>
<td>Not Provided</td>
<td>Not Provided</td>
</tr>
<tr>
<td>Ridge-runners I</td>
<td>Friday</td>
<td>4:30 p.m.</td>
<td>4:00 p.m.</td>
<td>Not Provided</td>
<td>Not Provided</td>
<td>3:45 p.m.</td>
</tr>
<tr>
<td>Voyageur I</td>
<td>Friday</td>
<td>4:30 p.m.</td>
<td>4:00 p.m.</td>
<td>Not Provided</td>
<td>Not Provided</td>
<td>3:45 p.m.</td>
</tr>
<tr>
<td>C.I.T (Weeks 1-3)</td>
<td>Mon., Tues., Wed., Fri.</td>
<td>4:30 p.m.</td>
<td>4:00 p.m.</td>
<td>3:50 p.m.</td>
<td>4:00 p.m.</td>
<td>3:45 p.m.</td>
</tr>
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<td>9:00 p.m.</td>
<td>8:30 p.m.</td>
<td>8:20 p.m.</td>
<td>8:30 p.m.</td>
<td>8:15 p.m.</td>
</tr>
<tr>
<td>C.I.T (Week 4)</td>
<td>Friday</td>
<td>4:30 p.m.</td>
<td>4:00 p.m.</td>
<td>3:50 p.m.</td>
<td>4:00 p.m.</td>
<td>3:45 p.m.</td>
</tr>
</tbody>
</table>
Frequently Asked Transportation Questions

Driving to camp?
You can drop your camper off at 9:45am Monday-Friday. Buses arrive at camp at 9:45am and program begins at 10:00am. Please do not arrive earlier than 9:45, there will be no staff available to supervise your camper.

Belcarra Day Camp on Tuesdays?
On Tuesdays Belcarra Day Camp goes to Sasamat Outdoor Centre. If your child buses from Port Moody Recreational Centre, the bus will come to Sasamat. If you drive your camper, please drop them off at Sasamat rather than Belcarra Park, and pick them up from Sasamat.

*In week 6, on Tuesday August 6, 2019 Belcarra will in be in the park and come to Sasamat on Wednesday August 7, 2019 to accommodate the BC Day.

Before and After Care?
If you have registered your camper for before and after care you can drop your child off at Port Moody Recreational Centre (300 Ioco Road) as early as 8:00am and pick up as late as 5:30pm. Before and after care can be found in the assigned room in the recreation centre, or in the playground out front of the hockey arena. Rooms for Before and After Care will be posted on the website on the Before and After Care page prior to the summer, if unsure of what room your Before and After Care is in, check at the front desk.

Sasamat Late Night Thursdays?
*Belcarra Day Camp does not participate in late night Thursdays at Sasamat Outdoor Centre. Belcarra Day Campers bus schedule will remain the same Monday-Friday.

On Thursdays, Sasamat has a late night for all Sasamat Day Campers and C.I.T. Campers. All day campers will have a cook-out dinner at camp, followed by campfire. The buses will depart at 8:00pm from Sasamat Outdoor Centre. For information on parent participation on Late Night Thursday, please read “Special Programs to Note”. Buses will reach each bus stop at the following times:

- Port Moody: 8:15pm
- Burquitlam: 8:30pm
- East Vancouver: 9:00pm
- Glen Elementary School: 8:20pm
- Port Coquitlam: 8:30pm

Picking Up Your Camper Early or Dropping Them Off Late?
If you need to make special transportation arrangements for your camper please contact our office at 604-939-2268 ex. 1 and inform the office manager of your child’s full name, their camp program, and what specific dates and times you will have to pick them up or drop them off.
Special Programs to Note

In this section:
1. Thursdays Night Campfire!
2. Thursday Night Day Camp Overnight
3. Ridgerunner I & Voyageur I Sunday Start
4. C.I.T. Out-trip
5. Belcarra Tuesdays

Thursday Night Campfire!
(does not apply to Belcarra Day Camp campers)

Thursday’s are a very special day at camp! On Thursday evening Sasamat Outdoor Centre has a camp wide campfire that all our Sasamat camping constituents attend: Day Camp, Res Camp and CIT’s (teen residential campers are off-site on their out-trip at this time). Campfire begins at 7:00pm and will run until 8:00pm.

Day Camp parents are invited to join the campfire fun before they pick up their campers. Please note this event is for parents of Day Campers to join, not Residential Campers. A big part of the residential camp experience is learning to be away from home in a safe and supportive environment, and a visit from home can be upsetting and disruptive to that experience. Even though we know Residential Camper parents have the best intentions in mind, we ask you do not join us for Thursday evenings to allow your camper to continue along with their program.

If you are joining us for campfire, there will be a parking attendant to help you park, as parking is very limited. Cars may be directed to park on Bedwell Bay Road due to limited space, please be prepared to potentially walk into camp from Bedwell Bay Road. Please also leave your pets at home, we are a pet free environment.

Thursday Night Day Camp Overnight!

On Thursday evening after campfire we also invite our oldest Sasamat Day Camp groups (girls/boys) for an overnight at Sasamat. This is a special opportunity for campers often in their last year of Day Camp. If your child is in DC11 or DC12 they will be informed on Monday that they can stay over Thursday night if they would like to. Pack an overnight bag with a sleeping bag Thursday morning if your camper would like to stay overnight.
Special Programs to Note

Ridgerunner I & Voyageur I

These programs begin on a **SUNDAY**, which is a day earlier than all other programs. Busing will run in the same format as it does on Monday’s, it will simply be a Sasamat van instead of a large school bus. Also, Glen Elementary and Port Coquitlam bus stops are not available for this program. If you are driving your Voyageur I or Ridgerunner I camper to camp, please drop them off at 10:00am, as staff will not be on-site before then.

C.I.T Out-trip

The C.I.T out-trip will take place between weeks two and three of the C.I.T program over the weekend. Campers will be picked up Saturday morning at Port Moody recreation centre and brought to camp to pack up, and will then depart on their way. Campers will be dropped off at Port Moody recreation centre Sunday afternoon.

Belcarra Tuesdays

On Tuesdays, Belcarra Day Camp comes to Sasamat Outdoor Centre (3302 Senkler Road) instead of to the park. Belcarra Campers are given the chance to go swimming in the lake, kayak and try some of the traditional Sasamat activities.

Belcarra Day Camp transportation will be re-routed to Sasamat Outdoor Centre on Tuesdays, so if you pick up and drop off your camper be sure to come to camp instead of the park.
Camper Code of Conduct

Sasamat Outdoor Centre upholds the ANHBC Statement of Diversity in all programs. We are a community that values diversity, respect and inclusion. Sasamat Outdoor Centre strives to always create emotionally and physically safe environments for all campers and staff. We promote safe risk taking and personal growth through taking on new challenges. The Camper Code of Conduct has been created with these values in mind.

1. Camp boundaries are to be respected. Campers will be shown the boundaries on the first day of camp.

2. Emergency procedures are to be learned, understood and respected. Campers will be taught emergency procedures on their first day of camp.

3. Food is not permitted in sleeping quarters for health and safety reasons.

4. Camp is a nut-free environment.

5. Shoes are required at all times, sandals must have toe and heel straps. Flip-flops are not appropriate.

6. All medication is to be handed to staff on the first day of camp. Medications will be dispensed by staff from the first aid room.

7. Campers have the choice to participate in the “Big Dip” swim challenge on the first day of camp. If campers choose to not partake, or do not pass the swim challenge, they will be required to wear a PFD when swimming. Campers can re-take the Big Dip swim challenge at any point in time if they would like to try again as long as lifeguards are available.

8. Camp is an electronic free environment. Sasamat Outdoor Centre believes that camp is a special opportunity to disconnect from daily life and reconnect with the people and natural environment around you. The only electronic that is permitted is a digital camera (not a cellphone). Cell phones and other electronics are not permitted and will be held in the office until the end of the camp session if brought to camp.

9. Disrespectful language, verbal or printed on clothing, is not permitted.

10. Physical or verbal abuse of any other camper, volunteer or staff is not permitted.

11. Possession or use of non-medical drugs, cigarettes or other smoking devices, and alcohol is not permitted.

Sasamat Outdoor Centre reserves the right to send home campers for major misconduct and disrespect. Sasamat Outdoor Centre will exercise their own discretion as to when a camper will be sent home, and cases will be dealt with on a case-by-case basis.
A Word on Cell Phones

Cell phones have a very useful purpose in our everyday lives. They are incredibly convenient and provide a real sense of safety and security. At camp life is a little bit different and from our experience we have observed that cell phones impede the camper experience. Those who come with cell phones are less likely to turn to the support of their group mates or leaders, as it is often easier to call or text mom, dad, or friends at home. Cell phone campers are more at risk of becoming isolated from camp life, and may miss out on the valuable experience of learning skills of independence and interdependence that camp life can provide.

For these reasons, as well as Sasamat Outdoor Centre being an electronic free environment, cell phones are not permitted at camp. Any cell phones brought to camp will be held in the office until the end of the week.

Camp Phone Numbers

604-939-2268 ex. 1
This number will connect you with our office manager, Ben Quinn, who will be able to pass a message along to your camper.

604-939-2268 ex. 9
This number will connect you with a senior camp staff coordinator after office hours. This number is for if you need to reach your camper after 5pm for an emergency.

Belcarra parents:
If you need to reach your camper at Belcarra Day Camp, you can call our main office and we will forward the message to staff at Belcarra.