

**Northern Alberta Lions Youth Camp
Grande Prairie, Alberta, Canada
July 26 – July 31st, 2009**

Dear Camper,

Welcome to the Northern Alberta Lions Youth Leadership Camp! We look forward to spending an amazing week with you. Detailed below is the information you need to prepare for camp. Please read through this information carefully and contact us if you have any questions.

Camp Dates **Sunday, July 26th – Friday, July 31st**

Location **Camp Tamarack, Grande Prairie.**

The camp is located off Highway 40, south of Grande Prairie. You will travel approximately 4 miles south and turn left at the Camp tamarack highway sign. There will be signs to direct you.

**Arrival &
Registration
Medical
Information**

Registration is **Sunday, July 26th 1:00 pm**. Camp starts at 2:00 pm sharp!

Please **complete the medical form** attached to this letter and mail/email it to the address below. You cannot attend camp without supplying complete medical information.

Departure **Friday, July 31st at 2:00 pm**

Camp Facilities

Camp Tamarack is rustic but comfortable! We have heated cabins with bunk beds that are shared by 15 students each. Washroom facilities include flush toilets and showers (hot and cold water). All meals are held inside the camp lodge. We have power. Many camp activities, including some leadership classes, take place outdoors in areas with bench seating.

Food

All meals and snacks are provided at camp. Campers CANNOT keep any food or snacks (including gum or mints) in their cabins or backpacks due to the bear population near the camp. Any of these items brought to camp MUST be stored in the camp kitchen and can only be accessed by a camp staff. We prefer campers not bring these items to camp.

If you have any food allergies or special needs, please advise us as soon as possible. We provide a variety of food at meals, but vegetarians, vegans, celiac's or campers with other restricted diets may want to bring additional food with them to camp to ensure comfort. You can store your food in the camp kitchen and have access to it in the lodge upon request.

Weather

The weather can be very warm during the day, but it cools off quickly at night. Some years we have had cold weather during the day as well. It often rains at least once. The weather changes very quickly, so please read the lists below carefully and bring a variety of clothing and bedding to be prepared for any weather.

**What to bring:
Clothing**

A variety! The weather changes often and rapidly so bring layers. You will need:

- comfortable, casual clothes for a variety of activities
- long pants and shirts, shorts
- good shoes for activities and hiking boots,
- rain gear
- heavy jacket or sweater for evenings and campfires
- bathing suit
- hat
- sunglasses
- socks

DO NOT BRING:

- skimpy clothing (short tops that show your stomach, too short shorts, really tight clothing, etc.)
- sandals without ankle straps (flip flops are allowed to and from showers ONLY)

**Personal
Supplies**

- sleeping bag, pillow, blankets (sleeping bags will be provided for international students by host families.)
- towels, wash cloth
- shampoo, soap, toiletries

Other Items

- binder, paper and pens
- flashlight and batteries (remember the lights are out after 11:00 pm, you WILL need a flashlight!)
- camera
- backpack
- any musical instruments you would like to play during your presentation or at campfire

**DO NOT
BRING**

Cell Phones, I-pods, Disc-mans, walkmans, Palm Pilots, Blackberry's, etc. These devices tend to restrict personal communication between campers and distract from the camp experience. Please leave them at home – it's only for a week!

Wildlife

Bears, deer and other little creatures frequent the campsite. Specific instruction will be given to all campers once camp starts on how to behave around wildlife. Safety is our first priority.

Daily Schedule

The daily schedule starts at 7:00 am and finishes at 11:30 pm. All campers are expected to participate in all meals and activities. Daily activities include leadership classes, roundtable discussion groups, presentations about your country and talents, outdoor activities, campfire, tranquility and cabin discussions. The schedule is rigorous and demanding, but also very engaging. Please be rested and ready to go when you arrive at camp!

**Special
Preparation
Needed**

We have a program called **Show & Tell** where students are scheduled each night to give a presentation to the camp. These presentations are about the country/province the student is from, and is also an opportunity to showcase special talents and/or meaningful moments from a camper's life. The

presentations range from 5 to 10 minutes in length, depending on the size of group from each country. Please bring to camp with you any information and items (flags, photos, books, pins, music, food, etc.) that you think would enhance your presentation.

The RULES!

We do NOT allow the 4 “D’s” at camp:

- no Drinking (alcohol)
- no Dating
- no Drugs (smoking included)
- no Driving (students who drive to camp must hand over their keys for the week)

These rules are for your safety and to ensure the camp experience is a great one. **Campers who break these rules will be asked to leave immediately.**

We expect a full camp of students ranging in age from 16 - 19 years, representing several provinces/countries. This can be an experience you will never forget if you are prepared to open your mind, try new things, learn from others, and challenge yourself to be your best!

We look forward to meeting you!

Warm wishes,

*PDG Lion Betty Ann Robson
Camp Director
Northern Alberta Lions Youth Camp*