

# Equinox Adventure Camp

## 2013 Spring Break Winter Adventure Camp

Adventure and skills-training for children and youth

**Ages 6-7, 8-10 & 11-14**

- **Session 1: Monday, March 4th- Friday, March 8th, 2013**
- **Session 2: Monday, March 11th- Friday, March 15th, 2013**

Adventure programs include climbing wall, snowshoeing, GPS navigation, campfire cooking, atlatl golf forest adventures and ice fishing. Daily transportation to and from Shipyards Park is provided.

**Fee = \$295.00**

**To hold a space for your child, please phone: (867) 456-7846**

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### March Break Winter Adventure Camp

Adventure Rox Day Camps have been providing children & youth with top-notch instruction in adventure based programs since 2004. Our goal is to expose campers to a variety of activities in a safe and structured environment and to encourage them to try new things and expand their skill base. All activities are designed to allow individuals to learn at their own pace while being part of a team environment. Campers have the opportunity to focus on skill development while working on increasing self awareness and confidence, learning new leadership skills, setting individual goals, working as a team, and working on problem solving and communication skills.

### Adventure activities include:

**Climbing Wall / Zipline:** Campers will learn basic climbing techniques, proper equipment use, knot tying, and belay skills. They will also get to enjoy daily “zips” **on our 1000’ Zip Line.** This is always a big hit at the Equinox Outdoor Climbing Wall! It takes a rider from a platform at the top of the wall, to a landing area on the other side of the pond. It's a fun, exhilarating and safe ride that campers won't want to miss.





**Snowshoe GP Teaming Quest:** We will spend a half day enjoying snowshoeing and learning how to use a GPS. Using games and activities, campers will learn how to walk, run, climb, and descend hills while wearing snowshoes. Once everyone has mastered these skills, the group will then participate in our “GP Teaming Course”. This exciting program utilizes GPS technology (electronic navigating tool) to create a new twist on teambuilding. Campers use GPS units to locate mystery caches located around the area. The caches contain a variety of rewards, puzzles, and problem solving activities.

**Wildlife Preserve:** Campers will enjoy a tour of the Wildlife Preserve by snowshoe or ski and have a chance to see the many animals at the Preserve - woodland caribou, Canada lynx, Rocky Mountain elk, mountain goats, Alaska Yukon moose, mule deer, muskoxen, wood bison, two varieties of thinhorn sheep (Dall's sheep and stone sheep) and arctic foxes.



**Campfire Cooking & Shelter Building:** Campers will spend a half day learning how to build a safe cooking fire and then put it to good use by cooking up some treats – e.g. apple crisp cooked in tinfoil, muffins in orange peels, homemade ice cream. Once everyone is fueled up, they will head into the forest for some hiking, ‘forest games’ and shelter building. Campers will learn how to build their own winter shelter – quinzees and snow shelters. Older campers have the option of actually sleeping out in their winter shelters (...with a heated cabin close by just in case). We will supply all the group gear and food for dinner, breakfast and lunch during the overnight experience. Please print of the list of what to pack for this fun adventure.



**Atlatl Golf Forest Adventures:** (At-La-Tle) is a traditional spear throwing system found in most primitive societies around the world. It is the precursor technology that led to the development of the bow and arrow. Today, after thousands of years of obscurity, it is enjoying a renaissance as a popular hobby and is rapidly becoming an international sport. Campers will make their own Atlatl throwing boards and then play a game of “Atlatl Golf”. Similar to disc golf, campers will spend the afternoon traversing our course through the forest from beginning to end, with the goal of trying to throw their dart at targets with the fewest number of throws. Hot chocolate traditionally follows a good game of Atlatl Golf.

**Ice Trekking** Campers will explore our ice towers by walking up a path, across bridges and through tunnels in the towers allowing them to access the top without climbing straight up. Ice Trekkers use crampons (foot spikes), harness, helmet and a safety line to follow the path. Physical requirements are limited to walking and stair climbing.



**Ice Climbing:** Older campers will head out for a day of ice climbing. The program includes safety briefing, proper use of equipment, belay school, movement on ice and lots of encouragement. There are two waterfalls at the site, one is short (7m) and easy, the other tall (15m) & less easy.



**Ice Fishing:** We will spend an afternoon each week drilling holes through the ice of a local lake and testing our luck at catching a fish! Campers will make their own fishing jigs and enjoy an afternoon of fishing and hot chocolate around the campfire.



**Closing Exercise:** The final activity at camp will allow campers the opportunity to reflect on their week - the skills they gained, the goals they accomplished and challenges they overcame. The group will take part in a few debriefing activities and say farewell to the friends they spent the week with.



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## Safety Practices

All of our staff hold current First Aid & CPR certificates, have experience working with children and youth, and have taken part in our extensive staff training. In addition, we ensure that staff carry a knapsack containing a fully stocked first aid kit, camper information, winter survival gear, a whistle, sunscreen and extra clothes. Our staff to camper ratio is 1:6 maximum. Our Camp Staff always work in teams of two or three. All staff facilitating adventure programs have related qualifications, training and experience. Proper safety equipment for all of our programs is used and regularly inspected (i.e. certified ice climbing gear and helmets, etc.).



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## Transportation

All drop-off and pick-ups are from Shipyards Park, on the waterfront in downtown Whitehorse. We have a 32 passenger bus with coach seats and luggage racks.

Campers should arrive each morning at **8:30am** and be picked up each afternoon at **4:00pm**.

Campers & parents **MUST BE ON TIME** for drop-off and pick-ups! If for any reason there is a last minute change of transportation arrangements for a camper, please leave a message at 334-3725 (Adventure Rox Camp Office) **BEFORE** the scheduled pick-up or drop-off time.



It is the responsibility of the parent / guardian to supervise their child until the staff arrives at 8:30am and to be on time to pick up their child at 4:00pm when the staff finishes for the day.

## Lunch

Lunch will be eaten in our heated cabin. Participants are responsible for bringing their own lunch. We strive to be a peanut free zone so please leave the peanut products at home.



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## What to Bring:

Adventure Rox Campers should wear or pack their knapsack with the following items every day:

- **A three layered clothing system** - the first layer should consist of long underwear (preferably made from polypropylene or wool, not cotton), the second layer should be insulating items to maintain body heat (i.e.: polar fleece), and the third layer should be something to block the wind and provide extra insulation (i.e.: warm snow pants and snow jacket).
- A **very** warm hat, pair of waterproof mittens and a warm scarf / neck warmer
- An extra sweater for when the temperature drops
- Warm Boots and an extra pair of wool socks
- A few sets of instant hand and foot warmers for those prone to cold extremities
- Lunch and snacks
- 1L bottle of water or juice (or a thermos with hot chocolate / tea)
- Sunscreen & Sunglasses (those winter rays can be bright!)
- A keen sense of Adventure!

For those participating in the overnight campout, you will need to pack:

<b>- Winter Camping Trip - Please pack <u>ONLY</u> the following!!</b>
<ul style="list-style-type: none"><li>• Lunch for Thursday (we will supply all other meals)</li><li>• Snacks &amp; 1L bottle of juice (or thermos of hot drink)</li><li>• <b>Warm</b> Sleeping bag</li><li>• Camping matters (i.e. blue foam pad or thermarest)</li><li>• Long underwear x 1-2 (polypropylene or wool is best)</li><li>• Long sleeve shirt x 2 (turtle necks are nice!)</li><li>• Warm pants x 2 (No Jeans!! And preferably no cotton pants b/c they take too long to dry – fleece works great!)</li><li>• Extra warm sweater x 2 (again, fleece or wool is best)</li><li>• Insulated and waterproof jacket &amp; snow pants</li><li>• A <b>very</b> warm hat x 2 (one is to sleep in)</li><li>• Waterproof &amp; warm mittens x 2</li><li>• A warm scarf / neck warmer</li><li>• Warm winter boots</li><li>• Warm socks x 3 (wool or fleece is preferable)</li><li>• Underwear x 2</li><li>• Warm pyjama's x 1 (a set of long underwear work well)</li><li>• 3 pairs of instant hand warmers</li><li>• 3 pairs of instant foot warmers</li><li>• Sunscreen &amp; Sunglasses</li><li>• Flashlight</li><li>• Minimal toiletries (toothbrush, toothpaste and hair brush is all you really need)</li></ul>

## Who we are...

Christopher and Ellen Gishler each have over 20 years of experience working in the camping and outdoor education field.

Christopher's background includes working for the Canadian Outward Bound Wilderness School and teaching adventure education on high ropes courses and climbing walls that he has built throughout North America.

Ellen's experience comes from the residential camping and outdoor education community of Ontario and British Columbia. She has worked as Program Director, Waterfront Director and Leadership Training Director.



All of members of the Adventure Rox Staff Team come with extensive experience working with children in outdoor adventure programs. All staff members have current first aid and CPR and have completed our staff training.

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## March Break Winter Adventure Camp Registration

Please contact us for a registration package, or download the PDF version from our website.

### Holding Spots

First... call our office at (867) 334-3725 to confirm that there is space available in your preferred session. We will be happy to hold a spot for 7 business days, to allow time for the receipt of the necessary forms and payment.

### Final Payment

Full payment can be made by the following options.

- Cheque
- Interact Email Money Transfer
- Paypal invoice
- Visa / Mastercard



### Refund Policy

Camp fees will be refunded only if a cancellation is made a minimum of **7 days** prior to the session starting date. Refunds or reduction of fees will not be offered for days missed in a session.