

Equinox

ADVENTURE IS GOOD FOR YOU!

Adventure Leadership Program 2023

Ages: 10 – 14

One week sessions \$525/week

Week 1, June 19 – 23

Week 2, June 26 – 30

Week 3, July 3 – 7

Monday – Friday

Campers will sleep over Monday,
Tuesday, Wednesday and Thursday.

**Dropoff Monday at Shipyards Park 8:30-
9:00 a.m.**

**Pickup Friday at Shipyards Park 3:30-
4:00 p.m.**



Phone: (867) 334-3725

Email: camp@equinoxukon.com

Campers will explore rock climbing, rappelling, canoeing, kayaking, camping skills, GPS, map and compass

The Adventure Leadership Program (ALP) provides training to youth interested in pursuing outdoor adventure activities while developing and enhancing their individual leadership skills. All adventure activities focus on skill development while working on increasing self-awareness and confidence, learning new leadership skills, setting individual goals, working as a team, and developing problem solving and communication skills.

ADVENTURE CAMP ACTIVITIES



Rock Climbing: ALPers learn basic climbing techniques, proper equipment use, knot tying, and belay skills. We alternate between two climbing locations so that campers have the opportunity to try different climbing sites. On this day trip campers also participate in hiking and forest exploration. During the rock climbing lessons, ALPers set personal goals, learn rope management skills. In addition to climbing technique, these lessons focus on teamwork, communication, goal setting and rappelling.

Canoeing: Campers learn and improve their tandem moving water paddling skills by participating in various canoeing skills sessions and activities. These sessions will take place at Takhini River and Kusuwa Lake this summer.

GPTeaming: Small teams use GPS, map, compass and their brains to find caches of teambuilding activities and tests of fortitude. Participants explore a variety of group skills including problem solving, communication, trust and decision making.

ALPers will spend Friday afternoon reflecting on the skills they gained, the goals they accomplished and challenges they overcame. The group takes part in a few debriefing activities and says farewell to the friends they shared the week with.

We do run our programs during weeks that have a statutory holiday so that all campers are able to enjoy the complete Adventure Camp experience.



SAFETY PRACTICES

All of our staff hold current First Aid and CPR certificates, have experience working with children and youth, and have taken part in our extensive staff training. In addition, we ensure that all staff carry a backpack containing a fully stocked first aid kit, ALPer information, bear spray, a whistle, sunscreen and extra clothes. Our staff to camper ratio is 1:6 maximum for any programs on the water and involving rock climbing. Other programs, such as games and land sports have a ratio of 1:10.

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 rock climbing gear and helmets, PFDs, water rescue equipment, etc.)

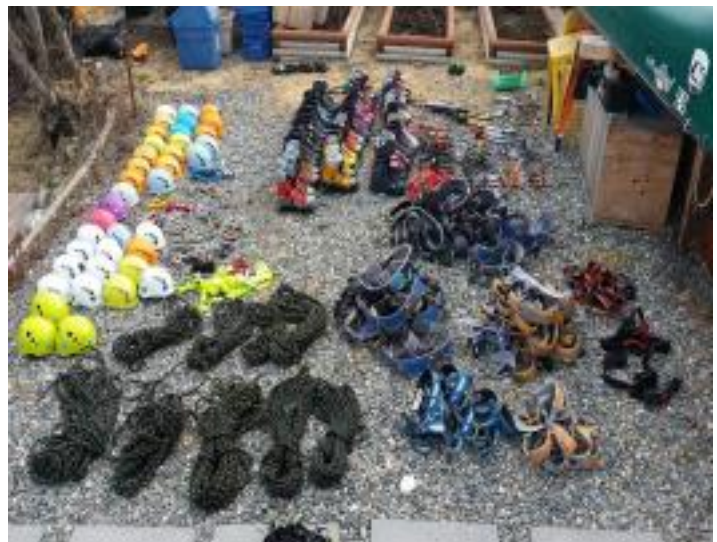
TRANSPORTATION

Transportation is provided by our passenger van. All drop-off and pick-ups are in the Shipyards Park Parking Lot. Please drop off your camper between 8:30-9:00am; pickup is Friday between 3:30-4:00pm. Campers and 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 **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 there no later than 4:00pm to pick them up.

WHAT TO BRING

Adventure Leadership participants should bring a day pack with the following items:

- 1L bottle of water or juice
- Face mask and hand sanitizer (we will also be providing these)
- Swimsuit, towel and flip-flops
- Sunscreen and bug repellent
- Baseball hat or other for sun protection
- Rain gear... we play rain or shine!
- Warm clothes for those cooler days
- A keen sense of adventure!



OVERNIGHT PACKING LIST – To bring for trip Monday - Friday:

Please ensure that all of the following items are packed. Campers will be provided with a waterproof camping bag for their belongings. **Space is limited, so please bring ONLY the items listed.** Please do not overpack!

- Drybag (we can supply if needed)
- Warm sleeping bag – no comforters or blankets please
- Camping mattress (i.e. blue foam camping pad or Thermarest)
- A whistle
- Warm wool socks x 2
- Pants x 2 (No jeans! And preferably not cotton pants - they take too long to dry)
- T-shirt x 2
- Long sleeve shirt x 1
- Very warm sweater x 1 (preferably wool or fleece)
- Warm winter hat x 1 (for cool Yukon evenings)
- Underwear x 4
- Minimal toiletries (toothbrush, toothpaste and hair brush is all you really need)
- Flashlight
- Camera (optional)
- For fishing – your fly rod and flies.
- Optional - your favourite tent and life jacket.

PLEASE DO NOT BRING anything electronic (i.e. MP3 player, gameboy, etc.)

We will provide all of the “group gear” (tents, cooking equipment, PFD's, paddles) plus all meals and snacks for the group (except for lunch on the first day of the trip, so please pack one). Youth will be sharing tents with peers of the same gender. They will be closely supervised by our staff team, who will ensure that they are safe and well cared for.

WHO WE ARE...

Equinox is dedicated to the belief that participating in adventure-based activities helps individuals and groups to build character, trust, communication, problem solving and leadership which in turn creates stronger communities. Our programs include rock climbing, zipline, experiential based teambuilding, canoeing, kayaking, geocaching, rappelling and ice climbing. All programs include highly skilled (and friendly) staff, quality equipment, innovative structures and dramatic locations.

Christopher Gishler is the Owner/Operator of Equinox. He has over 25 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.

The goal of Equinox has always been to provide high quality adventure programs to the Yukon community and visitors. Tag lines over the years have included, 'Adventurous Programs for Adventurous People', 'Adventure is good for you', and 'Building Character through Adventure'.

Equinox Adventure Camp



Summer Staff Team 2014

All the members of the Equinox Staff Team have extensive experience working with children in outdoor adventure programs. All staff members have current First Aid and CPR and have completed our staff training.

ADVENTURE LEADERSHIP PROGRAM REGISTRATION

Please register at equinox yukon.com/register

Refund Policy

Camp fees will be refunded (-\$50 admin fee) only if a cancellation is made a minimum of 3 weeks prior to the session starting date.

EQUINOX ADVENTURE CAMP

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