LEARN TO CAMP

in partnership with Coleman

The Outdoor Company™

@ ONTARIO PARKS



PARTICIPANT INFORMATION PACKAGE

SUMMER 2015

ONTARIO PARKS

CANADIAN TIRE

WELCOME!

We would like to take this opportunity to welcome you to the Learn to Camp Program @ Ontario Parks! Our experienced staff have prepared a fun-filled program to help introduce you to the joys of camping in a safe environment. We hope this experience will inspire and enable you to continue camping in the future.

During your upcoming overnight camping experience you will develop outdoor skills through hands-on experience. As you spend your first night in one of our beautiful provincial parks, you will have an opportunity to set-up your campsite, cook your meals on a camp stove, enjoy fun recreational activities, light a campfire and connect with family and friends.

This program information guide will help you prepare for your overnight camping experience. Please take a moment to read through the package in advance of your visit.

We look forward to meeting you this summer!

Sincerely,
The Learn to Camp Team



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1 WHAT TO EXPECT

PROGRAM STRUCTURE

- You will be attending the program with up to 9 other groups.
- Every group will receive their own campsite and camping equipment set.
- There will be a designated "basecamp" area where all the groups will gather for the training sessions.
- You will have free time to explore the park between sessions.

FACILITIES AND SERVICES

- During the Learn to Camp program you will have access to:
  - Comfort stations with flush toilets, hot showers and sinks.
  - Safe drinking water at taps throughout the park.
  - A picnic table and fire pit on your campsite along with space to park your vehicle and set-up your tent.
  - Visit park specific websites for a listing of additional facilities and services available.

PARTICIPATION

- Whether this is your first time camping or you are taking a refreshment training course, we expect everyone to participate in the scheduled learning sessions to make the most of this hands-on experience.
- Equipment will not be handed out unless your group is present at the learning sessions to learn how to use it.
- Please arrive on-time to all learning sessions to help the program run smoothly.

TRAINING WITH OTHER GROUPS

- This is a group learning experience. We encourage you to meet and support the other families taking part in the program.
- If you are attending the program with more than one group, remember a maximum of 6 people are allowed to sleep on each campsite.

WEATHER

- Your Learn to Camp program will go ahead rain or shine. We are ready to show you how to have an enjoyable visit in all weather conditions.
- We recommend bringing a few extra warm blankets to make sure you are well prepared. Night-time temperatures are usually warm in the summer but it can get cooler at times, particularly at the beginning / end of the summer.
- Check the local weather forecast before you leave so you know what conditions to expect.

2 SAMPLE LEARN TO CAMP PROGRAM SCHEDULE

DAY 1

9:30 – 10:00 a.m.	Arrival and registration
10:00	Explore your new surroundings
10:30	Welcome and introduction
10:45	The camping kitchen: set-up, cooking and clean-up
12:00 – 1:00 p.m.	LUNCH **(NO COOK)**
1:00	Safe and fun camping
1:30	Setting up a tent
2:30	Recreation time!
4:30	Resource hour (optional time with staff)
5:30 – 7:00	DINNER
7:00	How to build a campfire (treats included)
7:30	Your first night camping: what to expect



DAY 2

8:30 – 9:30 a.m.	BREAKFAST
9:30	Planning your next camping trip
10:00	Campsite clean-up
10:45	Program conclusion

CHECKOUT DAY (DAY 2 OR 3)

12:00 – 2:00 p.m.	Return equipment to basecamp
2:00	Campsite checkout time (you are welcome to stay and enjoy the park until 10:00pm!)

3 LEARN TO CAMP PACKING CHECKLIST

WHAT TO BRING:

SLEEPING

- ❑ Sleeping bags and/or blankets
- ❑ Pillows
- ❑ Toque for cooler nights

CAMP KITCHEN

- ❑ **FOOD FOR ALL YOUR MEALS**
- ❑ Water bottles
- ❑ Freezer bags / plastic containers

CLOTHING

- ❑ Close-toed comfortable shoes
- ❑ Sandals
- ❑ Socks / underwear
- ❑ Long pants
- ❑ Shorts
- ❑ Long-sleeved shirt and sweater
- ❑ Short-sleeved shirts
- ❑ Warm jacket and rain jacket
- ❑ Pyjamas
- ❑ Bathing suit
- ❑ Hat
- ❑ Sunglasses

TOILETRIES

- ❑ Sunscreen
- ❑ Toothbrush / toothpaste
- ❑ Biodegradable soap and shampoo
- ❑ Deodorant
- ❑ Hairbrush
- ❑ Towels / washcloth
- ❑ Hand sanitizer

FIRST-AID KIT

- ❑ Bandages (e.g., self-adhesive/gauze)
- ❑ Ointments (e.g., antiseptic, burn relief)
- ❑ Tools (e.g., scissors, tweezers, tape)
- ❑ Medications (for pain, fever, allergies)
- ❑ Needed prescriptions
- ❑ Health card

OUTDOOR FUN EQUIPMENT (optional)

- ❑ Camera / video camera
- ❑ Backpack
- ❑ Water shoes / personal flotation device*
- ❑ Sports equipment (e.g., soccer ball)
- ❑ Bikes/helmets/lights/locks
- ❑ Fishing rod/tackle/fishing licence**

FOR KIDS (optional)

- ❑ Special blankets / pillow
- ❑ Water toys or floats* (e.g., pool noodles, doughnut, sand toys)
- ❑ Games or deck of cards
- ❑ Storybooks
- ❑ A favourite toy

* Personal flotation devices are available for loan, free of charge, at all parks offering the Learn to Camp program.

** Fishing equipment is available for loan, free of charge, at all parks offering the Learn to Camp program except Bronte Creek and Sibbald Point. Please note a fishing licence may be required to fish. Click here for information on fishing licences in Ontario.

LEARN TO CAMP EQUIPMENT

WHAT WE SUPPLY:

SLEEPING

- 6 person tent
- Air mattresses
- Air pump

CAMP KITCHEN

- Screen dining shelter
- Folding chairs
- Camp stove & fuel
- Dinnerware/cookware
- Cutting board, knife and cooking tools
- Coffee maker / filters (coffee not provided)
- Water jug
- Large cooler and ice
- Dishpan, dish soap and dish scrubber
- Paper towels
- Aluminum foil
- Tablecloth
- Garbage bags

CAMPFIRE GEAR

- Firewood
- Lighter / matches
- Fire starters
- Campfire forks

LIGHTING

- Lantern
- Flashlights

OTHER

- Bug repellent
- Sun screen
- Evening treat
- Tarp and rope



CANADIAN TIRE ®

Canadian Tire has everything you need to make your camping experience great.

4 MEAL PLANNING INFORMATION

A meal plan is an essential tool to help you prepare for a camping trip. Plan out all your meals and snacks in advance of the camping trip using the meal planner provided in this section. Don't be intimidated, many of the meals you cook at home can be easily prepared at the campsite. We provide you with a 2-burner propane camp stove and fuel for all your cooking needs.

YOU WILL NEED TO PLAN FOR THE FOLLOWING MEALS FOR THE 2 DAY AND 1 NIGHT PROGRAM:

DAY 1

- Lunch **(NO-COOK)**
- Dinner
- Snacks

DAY 2

- Breakfast
- Lunch
- Snacks

- Hard coolers and ice will be available at your campsite. Bring your cold food in an insulated bag with ice or a home-made ice pack (2L pop bottle filled with water and frozen).
- Bring Coffee. We provide a camp coffee maker with filters.
- Enjoy toast? We provide a camp toaster. Just bring bread.

MEAL PLAN TIPS

- **Balance hot and cold meals:** this will save fuel and reduce preparation time to give you more time to enjoy the park. Lunch is the best meal to have cold!
- **Try a 1 pot meal:** reduce the amount of dishes and save on camp stove fuel.
- **Bring extra snack foods:** fruit, trail mix, and crackers and cheese are great options just in case you need a little extra food after a busy day.
- **Do some research:** there are a wide variety of websites and books that have great menu ideas for campers working with a camp stove.
- **Challenge yourself to make something creative:** cooking on the campsite can be a lot of fun! Submit your recipe to staff and it could be published in our online cookbook!

PACK SMART

- **Pack only what you need:** instead of bringing big boxes of bulk foods, open packages and bring pre-measured quantities. You can use freezer bags or small reusable containers to repackage foods.
- **Pre-chop meats and vegetables:** do the prep work at home and save some time at the campsite.
- **Prepare and freeze:** It's a good idea to make a meal before the camping trip and freeze it (e.g., pasta sauce, curry, chili). This provides a quick meal and added ice for your cooler!

SAMPLE MEAL PLAN

While we have provided a sample meal plan here, you can **make the foods you love** for your camp meals. On the next page we have provided a blank meal plan to help you prepare for the overnight camping experience.

View the camping recipes section of our website for additional meal ideas from Ontario Parks staff and past Learn to Camp participants!

DAY 1 – LUNCH **(NO COOK)**

Meal: *Sandwiches with potato salad, vegetables and dip*

- ❑ Bread or wraps
- ❑ Mayonnaise / mustard
- ❑ Cold-cuts (meat)
- ❑ Potato salad
- ❑ Lettuce
- ❑ Cut vegetables
- ❑ Cheese
- ❑ Vegetable dip
- ❑ Tomato
- ❑ Juice

DAY 2 – BREAKFAST

Meal: *Eggs and toast with cereal and fruit*

- ❑ Bread
- ❑ Eggs
- ❑ Butter
- ❑ Salt / pepper
- ❑ Jam
- ❑ Fresh Fruit
- ❑ Favourite cereal
- ❑ Juice
- ❑ Milk
- ❑ Coarse-ground coffee/ tea/ hot chocolate mix

DAY 1 – DINNER

Meal: *Spaghetti, Caesar salad and garlic bread*

- ❑ Pasta
- ❑ Garlic
- ❑ Salt /Pepper
- ❑ Bread
- ❑ Pasta sauce and vegetables
- ❑ Butter
- ❑ Parmesan cheese
- ❑ Aluminum foil
- ❑ Caesar salad kit
- ❑ Juice / milk

DAY 2 – LUNCH

Meal: *Hot dogs with vegetables and dip*

- ❑ Hot dogs
- ❑ Buns
- ❑ Ketchup
- ❑ Cut vegetables
- ❑ Mustard
- ❑ Vegetable dip
- ❑ Relish
- ❑ Juice

SNACKS:

- ❑ Fresh fruit
- ❑ Granola bars
- ❑ Trail mix
- ❑ Cheese and crackers

MY MEAL PLAN: FOOD CHECKLIST

Use this meal planner to help you plan the food needs for your trip. Identify your meals and fill in all the ingredients you will need. For a 2 day and 1 night trip you will need lunch/dinner/snacks on day 1 and breakfast/lunch/snacks on day 2.

DAY 1	DAY 2	DAY 3
Breakfast	**Breakfast**	**Breakfast**
Lunch	**Lunch**	**Lunch**
Dinner	**Dinner**	**Dinner**
Snacks	**Snacks**	**Snacks**

5 CAMPING ETIQUETTE, RULES AND REGULATIONS

Ontario Parks has rules and regulations in place to protect the natural environment and to ensure all campers have an enjoyable visit. In this section we have highlighted some of the important rules and regulations at Ontario Parks.

Did you know the primary purpose of Ontario Parks is to protect Ontario's natural and cultural heritage? Our network of more than 330 parks and protected areas cover almost 10% of the province of Ontario!

ONTARIO PARKS RULES AND REGULATIONS

- A maximum of six persons, including children, are permitted on each campsite. We limit numbers to prevent erosion and other environmental impacts.
- No excessive noise is permitted at any time. Please keep your voices to a reasonable level. Interfering with anyone else's enjoyment of a park, day or night is contrary to park regulations.
- The parks are yours to enjoy, so please help us protect them. Stay on marked trails, roads and campsites. Remember, it is against the law to remove or destroy anything in a provincial park.
- It is against the rules to collect firewood from the natural environment. Firewood must be purchased at the park store.

SPECIFIC TO THE LEARN TO CAMP PROGRAM

- The equipment supplied through the Learn to Camp program is for your group of up to 6 participants and may only be set-up on your assigned campsite.
- We ask that all participants attend all training sessions to make the most of the learning experience. Equipment can only be handed out after you have been taught how to use it.
- Please arrive to training sessions on-time to help the program run smoothly.
- Pets are not permitted in the Learn to Camp program.

Please note that the park is patrolled by Park Wardens on a regular basis. Our friendly wardens are here to help! Their job is to ensure all of our clients enjoy their visit to Ontario Parks. Park Wardens are on patrol to:

- Provide information and assistance to park visitors
- Ensure the safety of park visitors
- Protect the park and its resources
- Enforce park rules and regulation

6 FREQUENTLY ASKED QUESTIONS

WHAT HAPPENS IF IT RAINS?

Rain is sometimes a part of camping. Your Learn to Camp program will go ahead rain or shine. Our staff will show you how to camp comfortably in all weather conditions.

CAN I BRING A FRIEND?

Yes. Each reservation fee covers a group of up to 6 people, including children. If your group is larger than 6 people, you will need to book additional spaces in the program. Please note, each group of 6 is required to sleep on their registered campsite.

CAN I BRING MY PET?

No. While pets are normally allowed at Ontario Parks, we ask that you do not bring your pet to the Learn to Camp program.

WE CAN NO LONGER ATTEND OUR PROGRAM, WHAT ARE OUR OPTIONS?

Registration fees are non-refundable, cancellations will result in a loss of payment. However, we will attempt to re-schedule your program if you inform us a minimum of 10 business days before your scheduled session, space permitting.

WILL THERE BE FREE TIME?

Yes. The schedule will allow for recreation time to experience the park between learning sessions. If you would like more time to relax and enjoy the park, we recommend booking a two night experience.





CAN I TAKE PART IN THE LEARN TO FISH PROGRAM?

The Learn to Fish program is available at six of the nine parks offering Learn to Camp. If you are attending a park where the Learn to Fish program is offered, you will have an opportunity to take part in the Learn to Fish program at no extra charge. For more information visit our Learn to Fish webpage.

WHAT DOES A TYPICAL ONTARIO PARKS CAMPSITE LOOK LIKE?

Every campsite is unique. At a minimum, all campsites will have a fire pit, a picnic table, space to set up your tent and space to park your vehicle.

DO THE CAMPSITES HAVE ELECTRICITY?

No. Electricity is not available at your campsite. Although Ontario Parks does have campsites with electricity, the Learn to Camp program will take place on non-electrical campsites. Bring battery-operated equipment and consider leaving your electronic devices at home to truly enjoy this outdoor experience.

STILL HAVE QUESTIONS?

- Explore our website: www.OntarioParks.com/learntocamp
- Contact Learn to Camp Program staff: learntocamp@ontario.ca

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