Overnight Camp

A Typical Day

At-Camp

08:00 Campers wake up and do a morning run and swim or other morning routine

08:30 Breakfast

09:00 Breakfast & cabin clean-up

10:00 Activity Block 1

12:30 Lunch

13:30 Quiet time

14:30 Activity Block 2

17:00 Free time

18:00 Dinner

19:30 Night activity, usually includes a daily debrief to reflect on the day.

21:00 Bedtime

On-Trip

06:30 wake-up & pack-up camp

08:00 Breakfast & morning meeting to go over the route, weather, etc.

08:45 Clean-up, finish packing.

09:15 Hit the trail or water, stopping for snack and water breaks as needed.

12:45 Lunch

13:30 Hit the trail or the water, stopping for snacks and water breaks as needed.

16:30 Arrive at campsite and start setting up. Campers on cooking duty start helping with dinner.

18:00 Dinner

18:45 Dishes and organize campsite

19:30 Group debrief and plan for tomorrow, time around Campfire.

20:30 Bedtime

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Overnight Camp

General Weekly Schedule & Choosing Activities

WEA is excited to offer so many outdoor activities! However, we only have so much time during the week. While we may offer several activities, campers won't have enough time to do everything. As such on the first day of camp, as a group youth choose/vote the activities they wish to participate in for the whole week. Please be aware that as with all democracy, sometimes not everyone is happy with the decisions made by the majority. However, WEA does it's best to manage this.

	Sun	Mon	Tue	Wed	Thu	Fri
AM		Activity Block 1	Leave for Out-Trip	Arrive back from Out-Trip just before lunch	Activity Block 3 (usually the animal game)	Pack & Clean-Up – The kids will be cleaning.
PM	Camper Arrival	Prepare for out-trip	Out-Trip	Unpack & relax. Often free time or swimming.	Activity Block 4	Group Debrief & Pick-Up
Eve	Campfire, Games & Planning the week's activities	Finish out-trip prep. Possible activity block	Out-Trip	Activity Block 2	Activity Block 5 (usually a campfire)	

Factors that may affect planned activities include weather, physical fitness, group dynamics and other logistical considerations.

As this is a life skills-based program, campers will be helping with most aspects of the camp program. This includes cleaning, cooking and more.

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At Camp Activities

Overnight Camp is designed for kids looking for something more than a just a day camp. Like our Adventure X Day Camp, this program is participant driven, meaning the campers choose the activities the group does for the week. As such, exact activities vary each week depending on weather, fire restrictions, group dynamics, camper input and logistics. We ask that parents sign up only if multiple activities interest their child.

Campers can participate in so many activities during overnight camps. Activities include but are not limited to cooking, baking, night activities, sleeping in cabins, survival skills, campfires, swimming, shelter-building, smores, ice cream, full-day canoeing, extended hiking, nature exploration, plant ID, navigation skills, geocaching, orienteering, fishing, forest ecology games, trip preparation, archery, beach exploration days, rainforest exploration days, other games & more. Below is a list of some of some common activities that campers can choose from during our 6 & 13-day overnight camps:

Canoeing in a large, little-known lake. Campers learn how to carry canoes as a team, safely enter, exit and launch canoes on a beach or dock, etc. We explore the lake and play fun on-water games.

Archery with professional archery equipment.

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Cooking & Baking is, believe it or not, one of the camper's favourite activity every year! Campers get to help cook most meals at camp and on trip. Using whole ingredients, our meals are mostly made from scratch. The kids aren't just learning to heat up a pizza pocket. Instead, they are learning how to make things like lemon meringue pie, burgers, salad dressings, etc. all from scratch!

Swimming in natural settings like the ocean, lakes, rivers and wilderness locations.

Fishing. Fishing in the lake or another nearby natural water feature where campers learn the basics of cast fishing. They learn how to cast safely, set-up tackle, bait hooks and fish with lures.

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Rainforest, marine & beach exploration in wilderness areas. Children learn about and see rainforest trees, fossils, geology, sea life, a fern grotto swimming whole with a waterfall, a sandstone creek and more.

Wilderness Day Hikes & Exploration to a wilderness peaks and lake. It is unlikely we will see any other people in the park the entire day. Campers are challenged hiking up to one of Greater Victoria's most spectacular peaks. From the top, they can see Vancouver Island, the Lower Mainland, Mt. Baker, the ocean, the Olympic Mountains & more. For many this is a life changing experience where campers travel further and see more things than they ever thought possible.

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Survival Skills. Campers have the option to learn various survival skills including fire-building, shelter-building, foraging & plant ID, Firestarter making & more.

Wilderness Navigation. Campers learn compass and map skills and go into a wilderness to hone their skills. In the later part of the day, the group leads us back with WEA staff there for safety only.

Geocaching. Geocaches can be a fake rock, hidden in a tree, who knows what you are looking for and where! Campers learn how GPS works, about circles, distances, radii, search grids, etc.

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The Forest Ecology Game, aka the Animal Game. Campers play a multi-level tag game based on the food chain. It teaches children about local ecology, ecological concerns, fitness, the food chain and more.

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The Wilderness Camp-Out

Trip Prep Days are an essential part of our program. Campers learn the basic skills to be successful on trip as well as some more advanced ones too. Depending on the trip, some examples include how to pack and adjust a backpack, canoe-over-canoe rescues, proper paddle strokes, packing sleeping bags, waterproofing gear, food packing/planning, etc.

Types of Trips include a 2-day backpacking trip for the 6-day program and a 5-day canoeing or hiking trip to somewhere like the Juan de Fuca Trail, Kludahk Trail, Strathcona Park, Sayward Forest Canoe Circuit, etc.

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13-Day Overnight Camp Participant Requirements

About the Program

Are you a returning family or new family looking for something more challenging or different than WEA's Classic Summer Day Camp or other summer camps? Our 13-Day Overnight Camp program takes outdoor adventure in Victoria BC to the next level. Children come to come and participate in a variety of activities at camp and a 5-day canoe or backpacking trip elsewhere on the Island. Each session campers get to choose what activities they do from a list of extra-adventure activities. Options typically include things like wilderness navigation, fishing, full day lake canoeing, paddle boarding, kayaking, outdoor cooking, marine exploration, advanced archery, joining in on a day of Classic Camp and more. This program is intended for kids with lots of energy who are physically fit and able to push themselves (within reason).

Physical Fitness

Physical fitness is key for WEA's 13-Day Overnight Camp program. If your child is not very active, this
program will not be a good fit. Our 6-Day Overnight Camp, Classic Day Camp or Wild Paws Day Camp are great programs for almost all children and a good introduction to fitness and the outdoors.

Please note this program is not a good fit for families hoping to get their children more active. It is for kids who are already extremely active.

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In order for your child and the other children in our 13-Day Overnight Camp to have a good experience, your child should be able to:

- Be physically active for at least 7 hours a week doing moderate to intense physical activities like soccer, hockey, running, track, swimming, hiking, biking, etc.
- Run at least 1km or hike more than 12km in a day with at least 400m elevation gain.
- Hike Mount Finlayson in under 45 min with a 10lb backpack.

For safety reasons, children not meeting these criteria should not be registered for 13-Day Overnight Camp. Children who do not meet these criteria and are registered anyway may have to miss certain days of the program without refund.

A Note on Gear

As we operate our programs 100% outside and often in wilderness environments, it is essential that all families pack all items on our packing list. Failing to do so may compromise your child's safety and experience. In addition to the other items on our packing list, your child must have hiking boots (or possibly runners) and a proper backpack like the Osprey ACE series. We do have these backpacks available for rent.

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