



Western Educational Adventures Inc.  
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[www.westernadventures.ca](http://www.westernadventures.ca)

## Summer Overnight Camp Programs

Vancouver Island, BC

Please contact us if you have any questions

### Hiking Expedition Camp Participant Fitness 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 6-Day Hiking Camp program takes outdoor adventure in Victoria BC to the next level. Children participate in a fun-filled 5-day backpacking trip on the Juan de Fuca trail or in Strathcona Provincial Park. 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 Hiking 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.***

In order for your child and the other children in our Hiking 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 Hike Expedition Journeys. Children who do not meet these criteria and are registered anyway may have to miss the entire or 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 and a proper backpacking pack at least 55L in size, like the Osprey ACE series. We do have these backpacks available for rent.