



Western Educational Adventures Inc.
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Summer Overnight Camp Programs

Vancouver Island, BC

Please contact us if you have any questions

Youth Expedition 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 expedition-style programs are designed for those kids ready for the next level of challenge! This program is intended for kids with lots of energy who are physically fit and able to push themselves (within reason).

*****This form applies to all youth overnight expeditions, Journeys and 13-day overnight camps.*****

Physical Fitness

Physical fitness is key for WEA's Expedition/Journey, 13-Day Overnight Camp programs. If your youth is not very active, these programs 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 youth) 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 Expedition, Journey and 13-day Overnight Camps 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.

Moderate to intense physical activities would include things like running, hockey, soccer, swimming lengths, skiing, etc.

For safety reasons, children not meeting these criteria should not be registered for 13-Day Overnight camp or our, Sea Kayaking, Canoeing or Hiking expeditions. 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.