

Medical Info

We rely on the information entered MyScouts regarding medical conditions for your child. If their medical condition has changed (ie allergies, new medications) please update MyScouts and send me an email (henry.starzynski@sympatico.ca) with the new info (it is confidential but we need to be aware).

Camp Opemikon Info

Camp Opemikon is our regional Scout camp – about 1.5 hour drive from Ottawa. This is their website:

<https://sites.google.com/opemikon.org/camp-opemikon/home>

Official directions are here:

<http://www.72ndottawascouting.ca/formsandnotes/MapToOpe.pdf>

- It takes about 1.5 hours to drive each way
- Bring a flashlight or headlamp on Friday evening! It will help you find your path from the parking lot down to the cabins. *Ah yes – it is about a 5 minute walk from the parking lot to the cabins! Come prepared!*
- **Drop-off** is anytime after 6:30 Friday evening
- **Pickup** is between 10:00-11:00 Sunday morning (it is not a problem if you need to pick up earlier – but not any later than 11:00 please)
- For those coming Friday evening, please eat dinner beforehand. Youth will get a nice snack Friday evening, but not a meal!
- My cell # is 613 720 7723 for EMERGENCIES .. reception can be spotty at camp though. Texts may work better if it is an emergency.
- The is the menu for the weekend

Friday Mug Up: cheese & crackers

Saturday Breakfast: Pancakes, bacon, fruit, OJ

Saturday Lunch: Grilled cheese, tomato soup, veggie sticks, juice crystals

Saturday Dinner: Chicken parm, rice, ceasar salad, milk, sundaes

Saturday Mug Up: smo-res, cheese/crackers

Sunday Breakfast: English muffins, scrambled eggs, sausage round, fruit,

OJ

I've included as a separate attachment a form you can put in your car window – indicate you are with 72nd Ottawa in either Barker or Armstrong

Akela's driving recommendations

- take Highway 417 to highway #7 all the way to Perth
- Continue through Perth – tell your Beaver or Cub that Tim Hortons is closed ☺ (well actually it isn't but Beavers and Cubs like to stop there and load up on sugar)
- About **4 to 5 km past Perth on Highway 7**, there is a stoplight on #7 (it is the 1st stoplight after leaving Perth) – turn **LEFT at the stoplight**, over the railway tracks, to the 'T' junction. (This is Glen Tay Road)
- Turn **RIGHT onto Regional Road #6, look at your odometer and note the current distance**. The turnoff to Opemikon will be **15.5 to 16 km** from the 'T' junction and it is easy to drive by it in the dark (and in the day as well)
 - o About **16 km is Hanna Road** – there is a small sign (emphasis on small and difficult to see) that says 'Scouts Canada camp' – in the dark you may drive right by it.
- Turn **Right** onto Hanna Road, drive slow. WATCH FOR DEER! (last year I head a group of 10 cross the road in front of me) There are a few hills. About 2-3 km along the road you come to the parking lot for Camp Opemikon. There is parking on the right and left side of the road. Do not park on Hanna Road
- I may come out to meet people and direct them but if I am not out to meet you – use the map below. Cross over Hanna Road to the smaller parking lot, WALK up camp road. There is a chain gate on the camp road to prevent people driving up in the winter. There is a small hill to go up (it seems like a mountain in the dark!) then a downhill. You will come to a small gatehouse when the hill levels out. Our cabins (Barker and Armstrong) are to the left of that gatehouse as you come down that hill. Some of the Cubs will be in a 3rd cabin about 2 minutes further, they should stop in at Barker to get directions. It is about a 5 minute walk from the parking lot.
- A small sled is great for lugging gear from the parking lot!
- We are in BARKER and ARMSTRONG & the Health Centre (there is a map below). The parking areas off Hanna Road are indicated with a highlighted yellow

Good stuff to bring:

- General Gear list
<https://www.72ndottawascouting.ca/formsandnotes/WinterGearList.pdf>
- sled (and helmet) HELMETS ARE MANDATORY FOR SLEDDING
- indoor shoes/slippers
- small shovel (if you have one – put your family name on it) for digging in snow and making our quinzee
- WATER BOTTLE
- a sleeping mat is not required, but a sleeping bag or blanket is. The cabins have bunk beds with foam mattresses (ie no bedding)
- Board games/card games for in the cabin

- SMILES
- DO NOT SEND FOOD. We have youth with various allergies which we take care of. There will be plenty of snacks to keep everyone nourished

What sort of stuff will we be doing?

- Building a quinzee (sort of like a snow fort)
- winter hike
- cooking bannock
- sledding
- Looking for BigFoot
- harassing ... ah ... having fun with the 115th Venturers!
- CAMPFIRE
- working hard to tire your Beaver or Cub out :)
- having winter FUN

Camp Ope rules .. (just in case you are interested!)

Leaders and youth to bring indoor shoes for cabins and dining hall as floors are cold especially with the extreme cold temperatures (NOTE The cabin IS heated but they keep the temp around 20 since it is electric heat)*

Please do not park vehicles in NO PARKING areas to unload, park in a spot to unload so as to not block entrances, roadways, etc.

Helmets are required for tobogganing
(Youth without a helmet will NOT be allowed to go sledding)

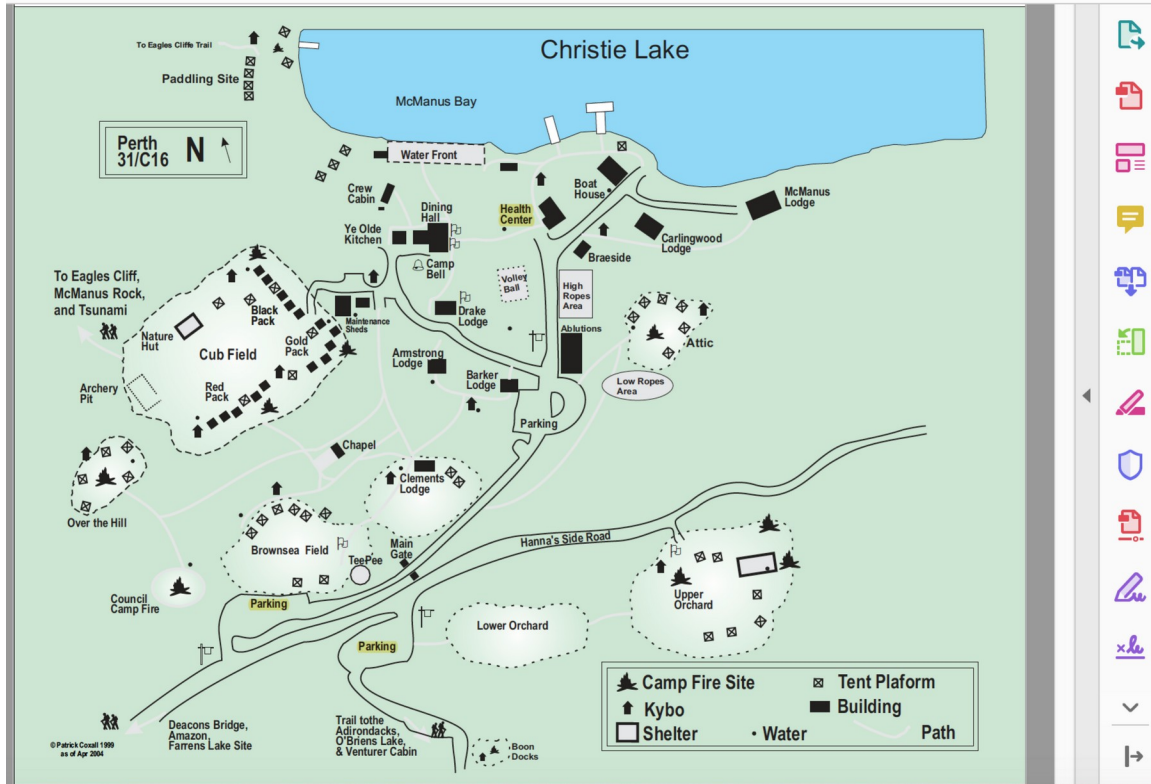
SPECIAL NOTES/RULES/GENERAL INFORMATION:

Parking is ONLY available in designated areas and NO vehicles are allowed beyond the gates into fields and not parking along the road to unload. Come prepared to hike your gear into your site. Bring a wagon/toboggan/sled to help transport gear ... so everyone knows that we have the youth's interest in mind ..

Tobogganing/sledding is ONLY allowed in the Cubfield. Riding of toboggans or sleds down roadways or other hills is prohibited and could cause injury and makes trails and roads extremely icy! (Cubs and Beavers often want to sled down the hill on the road toward the gatehouse. Not a good idea!)

- Property & All Buildings are Pet Free (service dogs allowed with prior notice)
- Property & All Buildings are Smoke Free
- Property & ALL Buildings are NUT FREE (this includes products that "may contain")
- Property & All Buildings are Alcohol Free
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- Use of the Bouldering Wall in the CubField is restricted to proper use (climbing up and over - not sitting or standing on top of).
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- Camp Opemikon strives to follow the LEAVE NO TRACE policy, so please stay on marked trails, do not disturb nature - leave rocks, plants and other natural objects as you find them.
- All vehicles should have a parking slip (name and group name) placed on dash for easy identification in case of illegal parking or for emergency situations.
- Kybos (outhouses) are the washroom of choice and ALL members should be encouraged to use them during your stay, flush washrooms should be restricted to very minimal use and SHOWERS are not permitted unless for medical reasons during a weekend stay.
- Drinking water is available at many locations during the months of late May to mid October and during the winter months is available at outside tap on Flush Washrooms (Ablutions) or in the kitchen.
- The large Bell beside the Dining Hall is for Emergencies ONLY and should not be touched by anyone other than the Camp Director or Opemikon Crew & Company
- Youth should be using the BUDDY SYSTEM at all times while at camp
- Incidents must be reported both to Camp Director & Safe Scouting. Proper paperwork is to be completed and submitted.
- When exiting your buildings for extended periods of time, please ensure lights are turned off and heat is turned down to help reduce electricity costs
- Curfew (to be in cabins or at campsite) by 11 pm – Camp is to be Quiet by 11:30 pm. Please be considerate of your neighbors.
- ***MOST OF ALL -- REMEMBER TO SMILE AND HAVE FUN! GO ON AN ADVENTURE IN NATURE!***



A link to google maps direction is the following

<https://www.google.com/maps/dir/St.+Rita+School,+1+Inverness+Ave,+Nepean,+ON+K2E+6N6/Camp+Opemikon,+Hanna+Road,+Maberly,+ON/@44.8255192,-76.6063256,11.48z/data=!4m14!4m13!1m5!1m1!1s0x4cce064456b59ee3:0x736fa7208dba24fd!2m2!1d-75.7106266!2d45.3601317!1m5!1m1!1s0x4cd28a1e2020af87:0x1dbf978322bf792!2m2!1d-76.4698423!2d44.7791179!3e0>

OUR CAMP RULES!

(please review these with your Beaver and/or Cub before camp)

- When going somewhere
 - o tell a leader
 - o go with a buddy
- Remember your count-off number
- Quiet time at night for Cubs is 11:00 Friday, and 10:00 pm Saturday evening
- Boots off at the door in the cabin – we don't tramp snow through the cabins
- When we have spare time and are in the cabins, doors to the bedrooms remain OPEN unless you need to change clothes.
- There will be **absolutely** NO BANGING on the walls in the bedrooms (a favorite Cub activity that is not allowed). This will earn you a trip home
- The only place where sledding is allowed is in the Cub field. No sledding down the road by the cabin or the hill by the dining hall

- No sledding without a helmet.
- Hang up jackets and snow pants in the cabins (don't throw them on the floor!)
- HAVE FUN!