



AIR EAU BOIS

BASE DE PLEIN AIR

THE PARENT GUIDEBOOK LONG EXPEDITIONS





Dear parents,

This guidebook is meant for parents seeking to send their teenagers on a long expeditions. We hope you will find all the information you seek and that it will help better prepare your teenager for their camp experience. This guide contains information pertaining to the 20 day still water expedition, the 20 day whitewater expedition and the 27 day whitewater expedition. For the PAM-PAG, a separate guide is available on our website.

We encourage you to read the following document with your children as it can be beneficial to them. We understand that sending your child away to summer camp can bring up many questions, our staff will always be available and happy to help you. We suggest you keep this guidebook handy as a reference.

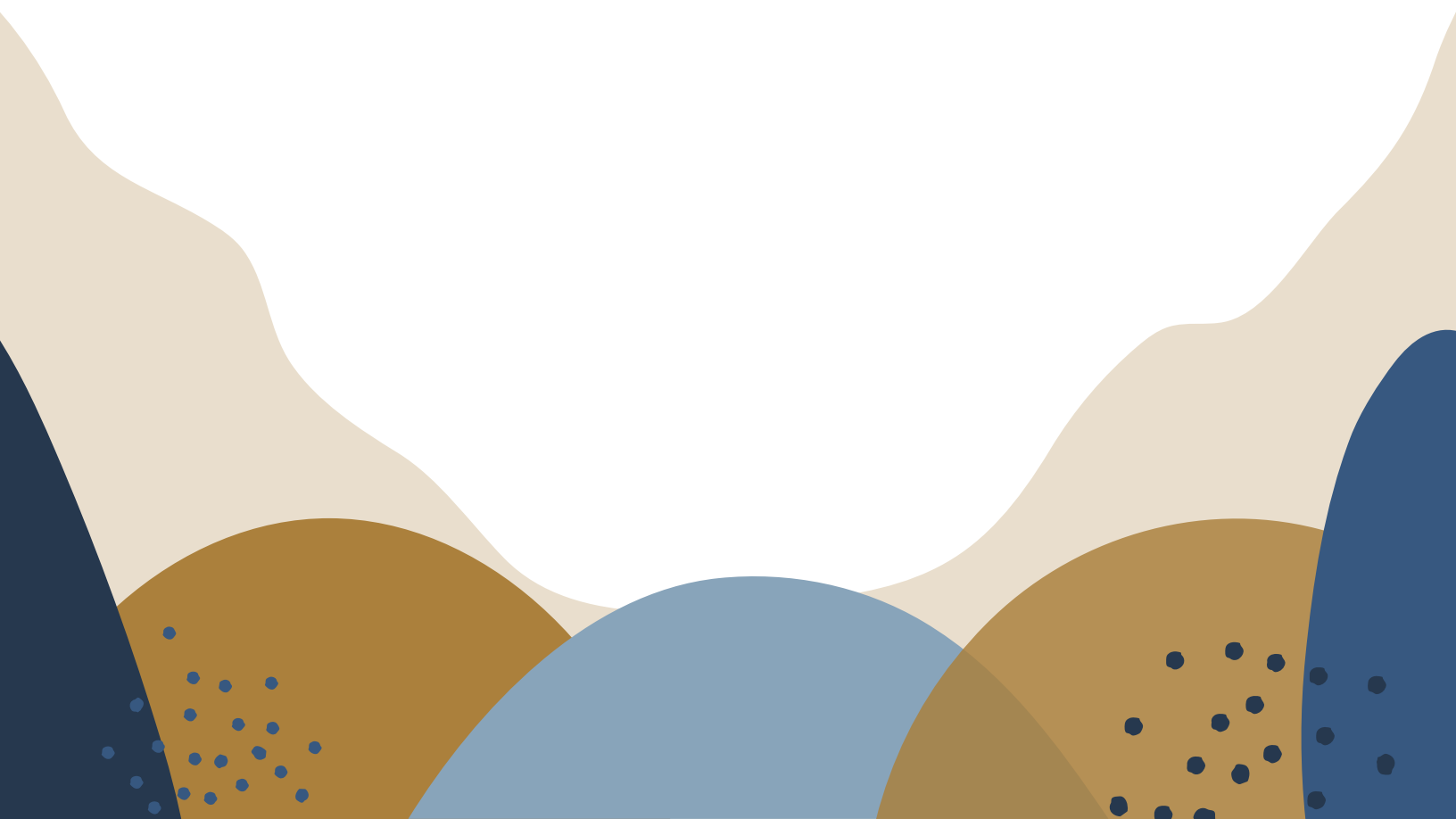
You are welcome to contact us by telephone (819-457-4040) or by email (info@aireaubeis.com)

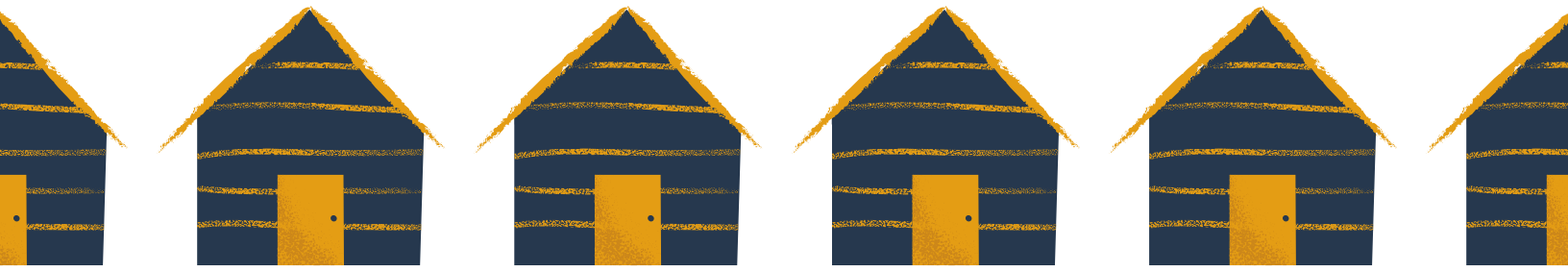
Have a wonderful summer !

The Camp Air-Eau-Bois team

TABLE DES MATIÈRES

Our philosophy.....	p. 4
Camp description.....	p. 7
A typical day on expedition.....	p. 9
Course of events.....	p. 10
Getting ready.....	p. 14
Packing.....	p. 15
Health and well being.....	p. 17
Arrivals and departures.....	p. 19
Forms and fees.....	p. 21
Conclusion.....	p. 23





OUR PHILOSOPHY

At Camp Air-Eau-Bois, we offer an all inclusive camp to enable a pleasant outdoors experience, budding friendships and a safe learning environment for children to find out more about themselves and nature. Our objective is to make this wilderness camping experience as fun and memorable as possible.

« Quand on va au camp Air-Eau-Bois, on ramène toujours avec soi des souvenirs qui ne pourront nous quitter ! »

Our mission

The main mission of camp Air-Eau-Bois is to make the outdoors accessible to children of all ages and from all walks of life. We offer experiences to children from 7 to 17 years of age, each age group coming with its own level of difficulty. The goal is to make our activities available to anyone curious about nature !

The fulfillment of every camper is part of our main objectives, we want to make every experience unique and memorable. To do so, we implement a learning climate in which children can go beyond their limits safely and healthily.

Air-Eau-Bois is proud to be accredited by the Association des Camps du Québec (ACQ). Our services and programs respect the rigorous standards of the ACQ, which are a guarantee of quality when it comes to summer camps. Our commitment towards this certification testifies for the quality of our counselors and the importance we attach to the safety and physical health of your children.



Our code of conduct

May it be during summer camp, group events or winter camp, our rules remain the same. We have a strict policy reinforcing a safe, healthy, respectful and violence free living environment. This code of conduct is known and applied by the entire camp Air-Eau-Bois team.

An environment friendly Air-Eau-Bois

A diverse set of skills and competencies relative to responsible outdoors activities is part of what Air-Eau-Bois hopes to teach to children. On top of the respect of oneself and others, we take the respect of the environment to heart. Inspired by the ethical code of Leave No Trace Canada, we teach simple rules that can be applied in any natural environment. We believe sensitisation to be the best tool to promote the respect of biodiversity, even in a younger audience.

Particular information about your child

You will of course have a medical form to fill in about your child. We wish to remind you that supplying all of the important information about your child's health is of the utmost importance for a smooth and fun camp experience. We need to know if our campers have any specific characteristics such as an attention deficit disorder, a hyperactivity disorder, a physical or mental disability, a fear of storms (or any other fears related to the outdoors/camping), an incontinence disorder, a behavioral disorder, etc. The same goes for any recent troubling event (ex : the death of a loved one). This information will help us be better prepared to care for your child and will be confidentially transmitted to their respective counselors.



Allied camp

We are proud to be an allied camp, meaning that all of our employees follow training regarding inclusivity of the LGBTQIA2+ community. Our allyship reaches from our staff to our campers, we expect respectful behaviors from one and all. We thank Jeunesse Idem for this partnership and these wonderful learning opportunities.



Respect

This brings us to explaining our “4 Rs”, nickname given by our staff and campers for the four types of respect that we value most. We begin every week with an explanation and question period concerning respect as we consider this paramount for the understanding of instructions and rules.



Language and behavior

We commit to maintaining a respectful and violence free environment, be it physical or verbal. We do not accept any talk or behavior from campers that could offend another. Incidents of this kind will lead to an interventions, and, depending on the severity and amount of warnings, could result in an early return home.

CAMP DESCRIPTION

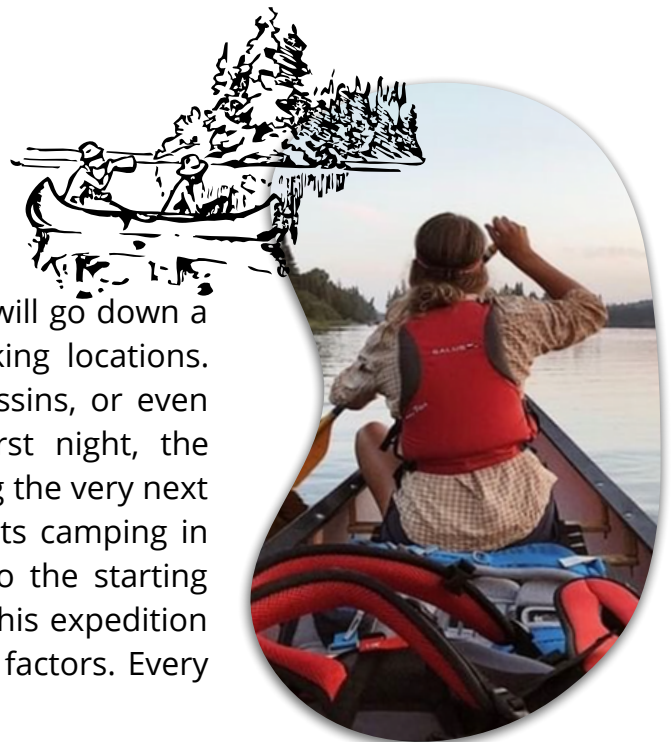
Aviron VII - 20 days, lake

In the 20 day lake camp, the entire 20 days are on expedition, except the very first night spent in a rustic cabin. This first introductory day enables ice breakers for the group and some time for extra preparations before departure. The group leaves the next day by canoe to traverse the Poisson Blanc reservoir and explore our portaging loop. The itinerary is subject to change from year to year, but remains a wonderful challenge to face. Accompanied by their two counselors, the campers will learn portaging techniques, wilderness survival skills, camp lifestyle and much more !



Aviron VII - 20 days, river

Aboard canoes, campers in this expedition will go down a river in the region and camp in breathtaking locations. They will most likely see waterfalls and bassins, or even natural sand banks and beaches. The first night, the campers sleep in rustic cabins before leaving the very next day on expedition. They will spend 19 nights camping in the wilderness. A shuttle will drive them to the starting point with their bags. The river chosen for this expedition changes every year, depending on multiple factors. Every expedition is its own unique adventure !



Aviron VIII - 27 days, river

The 27 day camp is the longest expedition offered at Air-Eau-Bois, it is probably the greatest challenge we undertake. Like our other long expeditions, campers sleep in tents except on their first night, spent in rustic cabins. Itinerary is always subject to change, as our team revises it every year. We traditionally begin in the Baskatong, descending along the Gatineau river, passing through Maniwaki.



A DAY IN THE EXPEDITION LIFE

As an example, here is a general description of a day on expedition. The program varies per day and includes multiple activities. The beauty of longer expeditions is that your lifestyle will adapt to the group and the schedules can be adjusted according to weather and itinerary. During the expedition, campers do not need to know the time, we wish to keep an element of surprise and a feeling of disconnect from city life, so as to live a peaceful and detached experience.

Morning

Expedition mornings often begin with breakfast around the campfire. The group then packs up camp and continues their itinerary.

Midday

Lunch breaks happen during midday, on the shore. It is often the time for cooperative games as the group helps prepare the meal. It is also a perfect moment for swimming and aquatic games.

Evening

Once on the campsite, the first communal task is setting up camp and preparing the site for the night. Meanwhile, counselors supervise and prepare dinner. We encourage campers to help with meal preparation and setting up camp. Counselors often end the evening with storytelling, or group activities enforcing strong bonds around the campfire.

Bed time

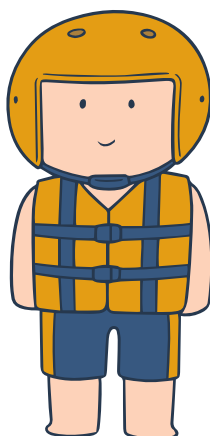
Campers are assigned teams for their tents, they keep the same team for the duration of the expedition so as to build a routine and a team spirit. Some time is reserved every evening for calm activities such as card games and reading.



COURSE OF EVENTS

Supervision

The safety and well-being of our campers is of the utmost importance to us, which is why we offer constant supervision and support, 24 hours a day. Every group is assigned two counselors (for a ratio of at most 1 counselor per 6 campers), following the ACQ (Association des Camps du Québec) standards for this type of camp. For our activities, we have specialists to ensure a positive and safe experience. During swimming times, our beach is overseen by our certified lifeguards. During expeditions, when swimming is inevitable, we make sure every camper wears a lifejacket on or in the water at all times. For white water expeditions, campers wear a helmet at all times when near the water.





Lost and found

We recommend that you label your child's belongings with their name as much as possible. This will help our team find the owners of any lost or misplaced objects. We cannot be entirely responsible in the case of a loss, but we do have a diligent lost and found system. At the end of every week, we go through every dormitory and show any lost items to the campers in an attempt to return as much as possible to their rightful owners. If your child has lost any equipment, we ask you to contact us by email with a description of the item at info@aireaubois.com.

Good and bad weather

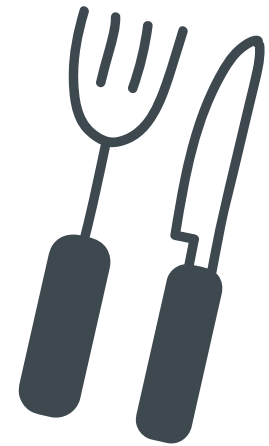
At Air-Eau-Bois, we play outside under all conditions, with only one exception : if the weather jeopardizes security. That said, we continue our outdoor activities in the rain as much as possible, which is why a raincoat is an important part of the equipment list ! Of course, rain can sometimes bring a few changes to our usual programmed activities and meals usually eaten on the outdoors terrace are exceptionally served indoors. Counselors have more than one trick up their sleeve to make gray days just as fun as sunny ones. We guarantee our rainy days are just as fun and memorable as any others.



Food and water

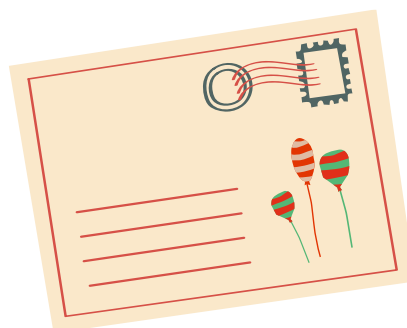
While on expedition, food is prepared on site, either on campfires or camping stoves (ex : dragonfly) Water is purified with certified water purification tablets. The menu is variable for longer expeditions, one of the aspects that makes them special. The camp prepares a personalized menu according to food restrictions with unique and new recipes !

It is extremely important that you specify your child's allergies or specific diets. It is however requested that you do not label your child's personal tastes as allergies or intolerances, as it will cause unneeded worries and complications. During expeditions, the group will receive food supplies either by road or water ways, depending on the designated location.



Camper mail

During the expedition, campers will be fully immersed in the wilderness. Which will make it impossible to phone home. We allow children to write letters to their parents and loved ones. As previously mentioned, there will be frequent food supplies during which counselors will be able to give any mail over to our management. It is also possible for parents to communicate with their children in this manner, by sending us an email we can print out or by bringing the letter yourself. If you plan to bring the letter yourself, please ensure to have an agreement with our management.



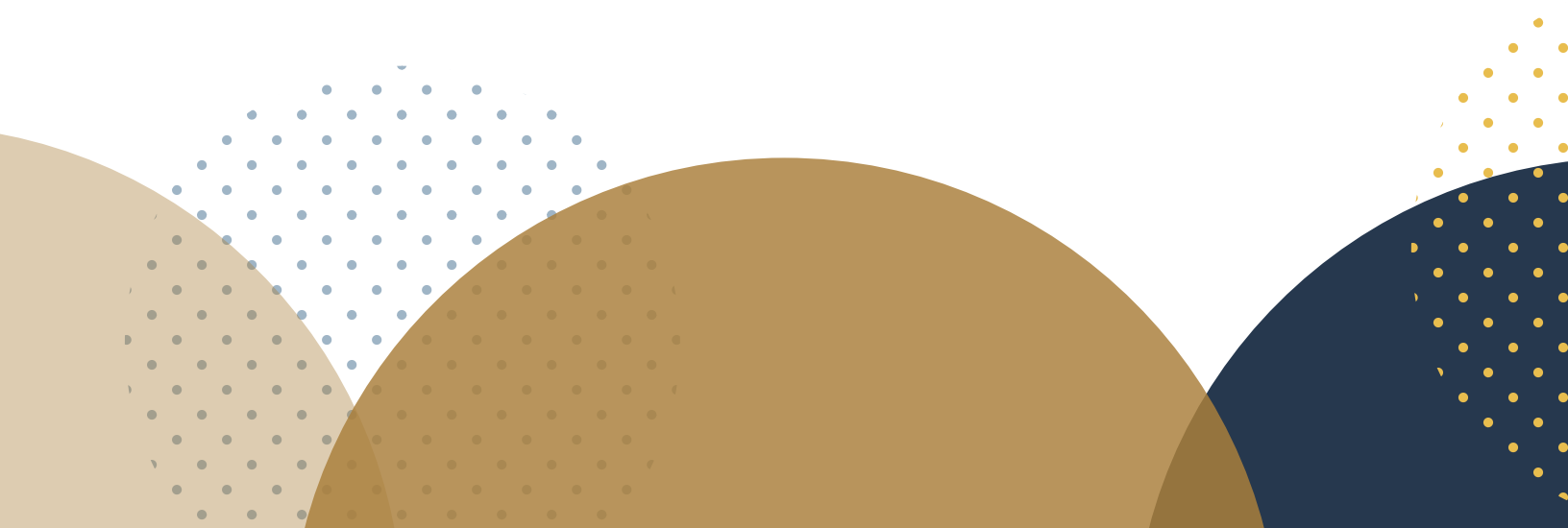
Phone calls

Children are not authorized to phone home, our phone line is reserved for our administrative tasks and emergency situations. Remember, no news is good news ! If your child is encountering difficulties, we will take care of contacting you to inform you of the situation. If you wish to speak to a member of our team, please call 819-457-4040.



Visitors

We have strict policies regarding visitors on base. We must ensure the safety of all our campers, which is why visits are prohibited unless there is a pre-established agreement with our management. It is very important that you warn us if any persons do not have legal access to your child, please inform us in writing before the beginning of your child's week here.



GETTING READY FOR CAMP

Summer camp is a magical place where your child will spend a week full of fun and surprises. Despite all the excitement, we are aware that some might have apprehensions, concerns or fears about their coming week. Spending one to two weeks away from home is a big change to a child's routine. Here are a few tips and tricks to help your child navigate through any of these perfectly normal emotions !

It is normal to miss home, even at their age, reassure your child by mentioning they will be able to write you letters and that they will be able to share their feelings with their newfound friends and counselors.

It is important to discuss what awaits your child at camp, the more they understand what the experience entails the more comfortable they will be. Reading this guidebook with them is a good way to prepare your child.

Your child must be aware that phone calls home will not be possible. Remind them that they can write letters home.

When you tell your child that you will miss them, please be careful of your wording. Avoid mentioning any ideas of early departures from camp if they get homesick as it will not help anyone involved. Instead tell them how excited you will be to hear all about their stay at camp when they finish their week at camp !

We recommend not to offer a reward to your child for completing the week, camp should be a reward in and of itself !

Packing an important item like a teddy, a personal item or a family photo can often help children work through their emotions during the week. We nickname these items "dadas", it is even possible to bring one on the expedition ! We recommend the item be no larger than two hands held out together, to ensure no issues with weight and space aboard the canoes or rabaskas.

PACKING

We have prepared a list of necessary equipment for our longer expeditions, it is the same one for the 20 day lake, the 20 day river and the 27 day river expeditions.



Clothing

- 2 pairs of full length pants (including 1 quick dry pair)
- 2 pairs of shorts
- 6 pairs of underwear
- 3 pairs of wool socks
- 6 pairs of socks
- 3 t-shirts (lighter colours to avoid sunburns)
- 2 long sleeved shirts (lighter colours to avoid sunburns)
- 2 polar or wool sweaters
- 1 hooded raincoat
- 2 pyjamas
- 1 pairs of sandals with solid straps (not flip-flops)
- 1 or 2 pairs of sneakers that can be dirtied or wet
- 2 bathing suits
- 1 sun hat or cap
- warm hat and mitts (nights can get cold on the lake even in the summer)

Personal items

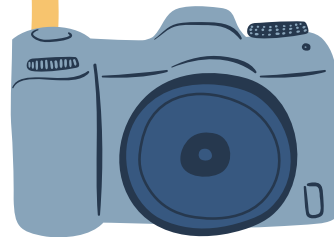
- Sleeping bag (as compact as possible)
- Toiletries (toothbrush, toothpaste, hairbrush or comb)
- Soap (ideally biodegradable)
- Shampoo
- 30 FPS or more sunscreen, ideally waterproof
- Bug repellent (no aerosol canisters)
- 6 large resistant plastic bags (garbage bags)
- 2 towels, one for the shower and one for the beach
- Headlamp or flashlight with spare batteries
- Resistant bowl or food dish in a ziploc bag
- 1 liter water bottle
- Necessary female hygiene products
- 6 "Ziploc" type bags

Optional items

- Dry bag
- 1 pair of rain pants
- Disposable camera (available in certain pharmacies)
- Card games, comic books, paper, pencils
- Sunglasses (tie recommended)
- Wool blanket
- Expedition bag (40-65L)
- Pillows and sheets for dormitories
- Knives or pocketknives (**MAXIMUM** 3 inch blade)

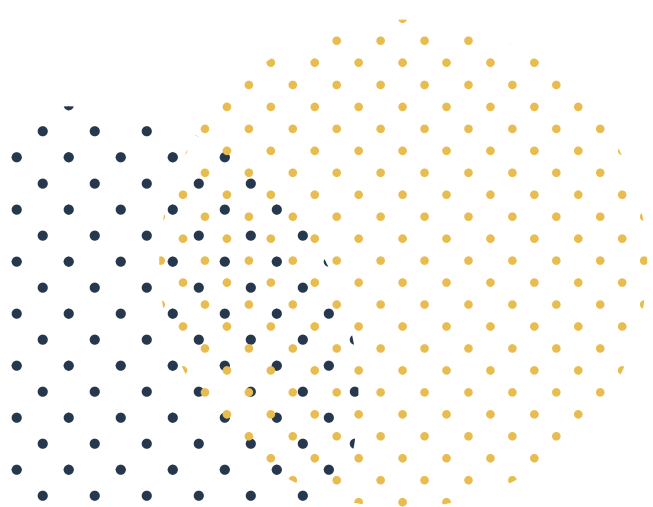
Prohibited items

- Jewelry, dangling earrings, watches
- Aerosol canisters
- Video games
- Cellphones
- Products containing nuts
- Portable music player
- Digital cameras
- Innapropriate clothing or clothing conveying racism, violence or sexual subject matter
- Hair drier, straightener or curler



For whitewater expeditions only (optional)

- Gardening knee pads





HEALTH AND WELL-BEING

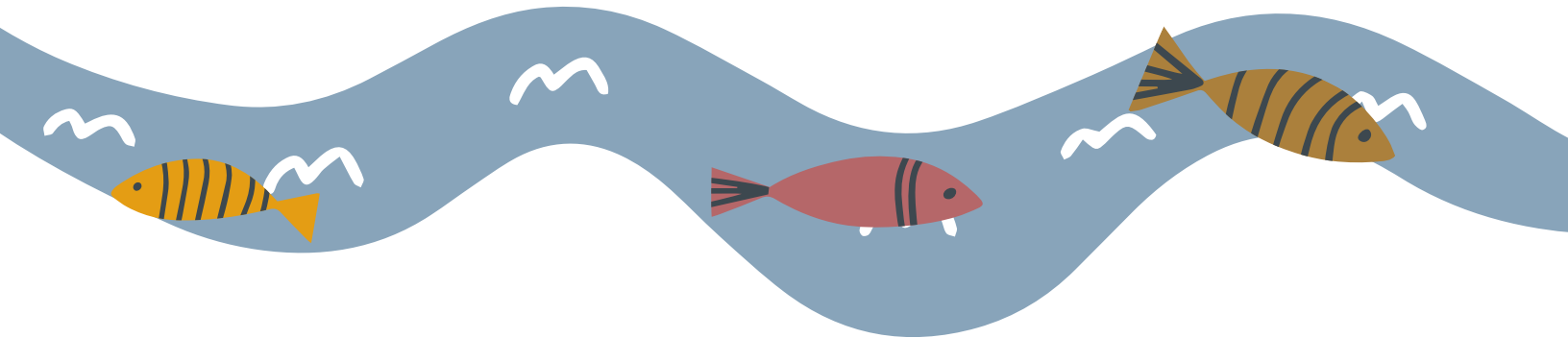
Our counselors

Our employees follow group management, intervention and safety measure trainings in outdoors settings. Every member of the team must have an up to date wilderness first aid certification. We understand that our counselors play a crucial role in the camp experience. They can serve as role models and contribute greatly to a feeling of social inclusion, appreciation and security of every camper under their supervision. Many of our counselors were previously campers themselves at Air-Eau-Bois, they pass on our values from one generation to another.

Safety

At Air-Eau-Bois, our priority is to ensure the safety and well-being of your children. As we say, the best way to manage an emergency is to prevent it !

Our basecamp is located 55 minutes away from the Wakefield and Buckingham hospitals, where we have doctors available to us at all times. Our team is trained in first aid and is well aware of the emergency protocol. We ensure that our employees are able to communicate with basecamp at all times and from any location. We are happy to answer any questions you have about safety at our camp. We have an infirmary with a present employee at all times. The infirmary is equipped with an AED and all of the equipment necessary for our first aid responders. It meets the safety standards of the Association des Camps du Québec.



Safety and communication while on expedition

During an expedition of this size, we make sure to have an emergency and evacuation protocol meeting the standards of professional guided expeditions. Our counselors are trained in advanced wilderness first aid. Every group always has a satellite phone on hand to contact the basecamp in case of emergencies. Every day, the group contacts basecamp, at a fixed time, to share their geographical position and the events of the day.

All of our counselors follow a canoeing course with Canot Kayak Québec. Whitewater expedition counselors follow a white water rescue course to ensure the safety of the group in those environments.



Lice

We ask every parent to inspect their child's head for lice before leaving for camp to prevent outbreaks. If you find any before the week begins, carry out a treatment and call us so we can be informed. In this way, we can ensure an appropriate follow up. The first day of camp, we ask all of our counselors to do a rapid check before entering the dormitories. If we must treat your child's pediculosis during their stay at camp, the treatments will be at your expense. In extreme cases, it may be necessary to send your child home for treatment.

ARRIVALS AND DEPARTURES

For campers who choose to take the bus

Beginning of the adventure - boarding

When : Sunday

Time : From 13:00 to 13:30

Where : At the de l'Île high school in Gatineau (Hull); 255 rue Saint-Rédempteur

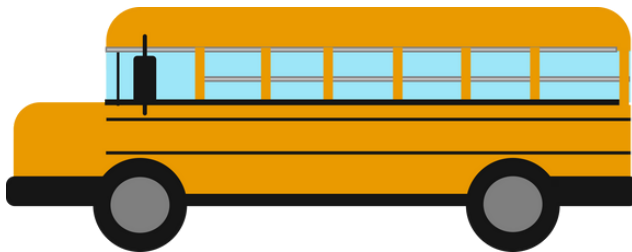
Departure : Buses leave for camp at 14:00

End of the adventure - landing

When : Friday

Time : Between 15:00 and 16:00

Where : At the de l'Île high school in Gatineau (Hull); 255 rue Saint-Rédempteur



For campers who go directly to basecamp

Beginning of the adventure : at parent drop off

When : Sunday

Time : 15:00

Where : Base de plein air Air-Eau-Bois main desk; 32 chemin de la Base de Plein Air

End of the adventure : at parent pick up

When : Friday

Times : 14:00

Where : Base de plein air Air-Eau-Bois main desk; 32 chemin de la Base de Plein Air

Please note that parents will have to wait the arrival of the buses and counselors on base before leaving. Cafeteria services are not available to families on drop off or pick up days.

Medication table

For campers who will take the bus from the high school, we will have a table assigned to the deposit of medication. Our first aid responders or our coordinators will be there to answer any questions and take note of any instructions relating to your child's health. We ensure all medication will be kept safely during your child's stay. It is important you make sure your child has a sufficient amount of medication for the duration of their stay, and ideally, that it be transferred to us in a waterproof pillbottle. Any important information will be passed on to your child's counselors in all confidentiality.

Personal food and snacks

If you wish to give snacks, sweets or any other food related surprises to your child, we would prefer they be given to their counselors on the first day of camp. All food must be nut and peanut free. Absolutely no food can stay in your child's bags, nor in their dormitories. As we are located in the countryside, we want to avoid any animals or critters in our buildings. The counselors will ensure safety regarding any allergies in the group and will allow specific time frames for snack time.



FORMS AND FEES

Policies and terms of registration and refund/cancellation

1. A 50,00\$ registration fee is included in the full price and is non refundable.
2. A reservation deposit of 225\$ is required upon registration. A written confirmation will be sent upon receipt of the deposit.
3. You may obtain a 10% discount on a stay of equal or lesser value for any extra registered family members. The discount will be applied to the stay having the lowest cost (only valid for the summer camp).
4. The complete stay balance must be paid no later than four weeks before the camp week begins. The amount will be withdrawn directly from your credit card, the number of which you will have supplied us with during registration. Other payment forms must be addressed to La Base de plein air Air-Eau-Bois, 32 Chemin base de plein air, Denholm (QC), J8N 9P6.
5. Cancellations will be accepted up to 3 weeks before the camp week begins, excepting cases of severe situations (ex : sickness certified with a doctor's note). The price of the stay will be refunded excepting registration fees. If the child was to leave before the end of their stay, in case of severe events, the refunded amount will be established pro rata. However, Air-Eau-Bois reserves the right to refuse or cancel the registration (with no possibility of a refund) of any child whose behavior is harmful to their group and to return them to their parents at their expense.
6. 30\$ fees per non fundable checks are applicable. A child whose registration balance is not paid at the moment the stay begins will be refused access to camp.
7. Transport by bus is highly recommended to promote the integration of a child to their group. The price, there and back is 50,00\$. You will be informed of pick up and drop off times by email or mail, situation depending.
8. For security purposes, the Base de plein air Air-Eau-Bois reserves the right to modify their program at all times.



Medical information form

The medical form is in our registration portal, you will have to fill in any and all health related information on your child. It is of utmost importance that you enter as many details as possible, may it be about a psychological issue, an allergy or intolerance, a medication schedule, or any other specific instructions. This will give us the proper tools to properly care for your child.

RL-24

The RL-24 slip will be sent by email in the month of February of the following fiscal year.



CONCLUSION

We hope this guidebook was of use and has answered all your questions. If you still harbour concerns or are looking for additional information, our team is available to help you.

You can contact us by phone (819) 457-4040, or by email at coordonateur@aireaubeis.com

We are lucky to welcome your children for an unforgettable camp stay and we are thankful for the trust given to us.

Have a wonderful summer !

The Air-Eau-Bois team

