



Rugged Adventures In The Wild Parent Information Package 2026 Season

503 Beaver Lake Drive, Cardiff Ontario K0L1M0

ruggedadventures.ca

raw@canaqua.ca

613-339-2969

Welcome to RAW

Dear Parents & Guardians,

RAW was formed with the vision of providing an affordable and authentic summer camp experience that emphasizes grit and adventure. As an idea born at Camp Can-Aqua, our team of outdoor educators wanted to create a program solely based around the most impactful moments of campers' summer camp experiences. At that point, we realized something very important; the most impactful moments happened on outdoor camping and wilderness trips. In 2020, the world became more challenging and we knew it was important for kids to spend more time connecting with others as well as the great outdoors. This is how RAW was born.

Our camp is built on the values of inspiring youth through challenging outdoor, encouraging them to embrace responsible risk-taking while fostering personal growth. We believe that through socialization and shared experiences in nature, campers can develop a strong sense of identity and resilience.

At RAW, our program is designed to foster deep social bonds among campers through shared challenges and activities in the great outdoors. Our commitment to a technology-free environment encourages campers to engage with another face-to-face, genuine connections and helping them develop vital social skills.

By now you should have completed your online registration process. Please be sure to update any information (medical or contact info) that may have changed since your registration. Email raw@canaqua.ca to ensure we have the most updated information about your child prior to their arrival.

Review this package closely and if you have any further questions do not hesitate to contact RAW at raw@canaqua.ca or call 613-339-2969.

We're excited to welcome you back for another awesome summer!

Yours in camping,

Andrew Martin
Executive Director, RAW

Community Conduct and Wellbeing

Our Philosophy

At Rugged Adventures in the Wild, we embrace the wild and encourage campers to immerse themselves in the natural world. Our experienced team is dedicated to providing a transformative experience where campers can disconnect from technology and reconnect with nature as well as each other. We offer a wide range of traditional camp activities as well as outdoor living skills to ensure that every camper enjoys a well balanced camp experience.

Preparing for Camp

Your camper's success at camp starts with you! Get excited for summer camp with your child. Discuss things they are looking forward to and ask if they have any questions. Children will often reflect the emotions of their parents, particularly when it comes to emotions surrounding new experiences. If conversations about camp revolve around worries and concern, campers may arrive at camp feeling nervous and hesitant to join in. Alternatively, if you are speaking with them about the exciting opportunities of camp, they will arrive on site feeling confident and prepared. Summer camp is essentially the best extended sleepover ever, filled with lots of new friends, many of which are first time campers too.

Communication while at camp

Pre-writing letters and bringing them to us on arrival day is the best way you can give your child the feeling of communication and connection to home as email and snail mail communication during camp is limited. Kids love receiving letters from home. If you have multiple letters, you can number them and we will hand them out by date order.

Please don't assure them they can call home if they need to, as this strategy often backfires.

Summer camp is a chance for your child to grow as an individual in a safe and supportive community while tackling new adventures both independently and with their peers. If you have questions, or aren't sure how to answer your child's questions, feel free to get in touch with the camp.

RAW Behaviour Expectations

Rugged Adventures In The Wild is committed to providing safe, fun and memorable experiences to all our campers. This goal is achieved through behavioural expectations we have established for all members within our community. The single most significant element to a positive camp experience is the peer interactions within the camper community. Please help to ensure our community's success by reviewing the following information with your camper(s) prior to arrival at camp.

RAW is committed to ensuring an inclusive and positive environment for all our campers. We strive to support the individual needs of each child within the context of our operational structure. The

program at RAW requires that campers are able to independently move throughout the camp and function successfully within their peer group. RAW does not provide special or continuous/prolonged one on one staff support to campers.

In an instance where a camper behaves in a way that compromises our ability to provide safe, fun and positive experiences to all campers, or in a manner which is inconsistent with the expectations listed below, your child may be required to leave camp.

It is an expectation that all parents and campers are aware of the following:

1. Any camper that is found in possession of cigarettes, ecigarettes, vaping devices, or any drugs or alcohol will be sent home. The use of drugs, alcohol, smoking and vaping are strictly prohibited.
2. Any camper that brings weapons to camp that are deemed by our staff team to be threatening or dangerous will be sent home.
3. Campers that deliberately try to lessen the enjoyment of camp for another camper will be spoken to by the camp director or an appointee. If the behaviour is not corrected, they will be sent home.
4. Any campers who engage in acts of self-harm or discussions pertaining to self-harm will be sent home.

In the event that any camper is found with or taking part in any of the items listed above, there is no refund or credit on their camp fees.

As a member of the RAW Community, it is expected that everyone follow the following Behavioural Expectations. In the event that any of these are broken, a camper or leadership candidate MAY be sent home. In this instance, no refund or credit will be applied to camp fees.

- Aggressive or inappropriate behaviour such as bullying, teasing, harassment or pranking is not tolerated at RAW.
- Swearing and the use of distasteful/inappropriate language is not acceptable at camp (this includes discussions that are sexually explicit in nature).
- Vandalism, tagging, graffiti, or damage to the camp property is not allowed. This includes but is not limited to damage to tents, cabins, program areas, equipment, outdoor furniture, washrooms and any camp property. Campers will be billed for any damages caused.
- In order to ensure the safety of all, insubordination of camp rules will not be tolerated.
- Theft or the borrowing of items without permission is not allowed.
- The tampering of fire equipment or any other safety devices is prohibited.
- Cell phones or electronics are not allowed at camp by campers what so ever.
- Campers are not allowed in other tents. Visits to friends in other tents must be done outdoors.

Fees and Accounts

For families who have outstanding balances, fees are now due as of May 1st. Please contact our Finance Director, Anne, to make arrangements via accounts@canaqua.ca. Accounts must be cleared prior to your child's arrival.

Arrival & Departure

By Car

Arrival for RAW begins at 3:30pm. Campers are to be dropped off at Camp Can-Aqua 503 Beaver Lake Drive Cardiff Ontario. Upon arrival, the RAW program will have its own designated drop off area. Each session will get a reminder email with specific arrival times and any updates to procedures.

Departure for RAW campers is 3pm. Parents are welcome to arrive for 3pm and they will be directed to a general pickup area onsite.

A note to all families: **RAW is a program that operates administratively out of Camp Can-Aqua. Pickup and dropoff at Can-Aqua means that parents, unfortunately, are not able to tour the RAW campsite itself.

Please let the camp know if someone else is picking up your camper at the end of their stay.

Tuck/Merch

Parents interested in signing up their kids for a tuck account can do so on the first day by authorising amounts between 10 and \$100 (the tuck shop offers sweatshirts, t-shirts, water bottles and other camp swag.)

All clothing can be purchased on the first and last days as well. We accept cash, credit and e-transfer for payment options.

Health & Wellness at RAW

Health and Safety

Upon registering, you have filled out health record forms. please let us know if anything has changed between registering and their time of arrival at camp. RAW will circulate a health record form one week prior to your camper's arrival for parents to update any information relevant to the health and wellbeing of their child.

COVID-19

RAW is a strong believer in the efficacy of vaccines to reduce the seriousness and spread of COVID-19. Campers are strongly encouraged to get their latest dose of COVID-19 vaccine prior to coming to camp.

Allergies

If your child requires EPI Pens, we ask that you send two with them, one to store in the staff tent and one for the child to carry with them.

RAW endeavours to support food allergies of children while at camp. If your child has an allergy, please ensure you have clearly detailed it in the health forms. Please provide us with updates if necessary. In those instances, children will be provided an alternative. Please contact us if you have any questions regarding this.

Head Lice Prevention & Policy

While generally not harmful, lice are extremely annoying and uncomfortable for those affected. Lice spreads easily, especially in a summer camp environment. **It is the responsibility of the camper's family to ensure that their child(ren) are lice free prior to arriving at camp.** Please check regularly prior to arrival.

All campers will be given a lice check upon arrival to camp as part of our standard check-in procedures.

If found, campers will be asked to leave the site. They will be welcome to return when a treatment has been applied, and a doctor's note is supplied verifying that the treatment has been applied correctly. There are no refunds for days missed.

Tick Prevention & Policy

Ticks are present within our region. Please be assured that all staff are educated on how to identify and remove ticks, and are taught the importance of their quick and safe removal.

Camp policy includes regular tick checks for all campers/staff and education on their identification. We encourage campers to pack light coloured clothing, long sleeves, and pants. Closed toed shoes and insect repellent are a requirement for campers and staff participating in all land-based activities.

Should there be any concern regarding your camper and a potential tick bite, the camp will ensure they receive appropriate medical attention and you will be contacted immediately.

For more info on ticks, please visit:

<https://www.lakelandsph.ca/health-topics/insects-animals-and-bites/ticks-and-lyme-disease/>

Packing for Camp

Technology at Camp

Campers are asked to leave technology at home! All cell phones, tablets, laptops or electronic gaming devices that accidentally get packed will be checked into our office, until your camper's departure. Since campers are only here for a short period of time, we feel it is a great time to take a break from screen time. Summer camp is all about connecting with peers face to face. We encourage families to speak with campers prior to arrival about our stance on electronics, so they are prepared to spend time unplugged.

What to Bring

We have attached a packing list for campers below, with the intention of making the packing process simple and effective.

Pack the following items in either one medium sized duffel bag and regular backpack or one large sized driesack or hiking backpack. We HIGHLY recommend packing in the large sized driesack as it helps minimize risk around the water transportation. Please do your best to adhere to our recommendations. We strongly ask that you maintain these size requirements as our site is remote and requires staff and campers to carry bags to the RAW campsite. Please do not pack items in suitcases.		
Bedding <ul style="list-style-type: none">● Pillow● Sleeping bag	Toiletries <ul style="list-style-type: none">● Biodegradable soap, shampoo, and conditioner● Toothbrush and toothpaste● Hairbrush	Outdoor Gear <ul style="list-style-type: none">● Sunscreen● Bug spray● Flashlight/headlamp● <i>Optional:</i> Bug jacket
Swim Gear <ul style="list-style-type: none">● Bathing suit● Towel● <i>Optional:</i> Water Shoes, Goggles	Rain Gear <ul style="list-style-type: none">● Rain jacket● Rubber boots● <i>Optional:</i> Rain pants	Shoes <ul style="list-style-type: none">● Running/Closed toe shoes● Sandals <p>*(Crocs/Keens are NOT considered closed toed shoes)</p>

Clothing <ul style="list-style-type: none"> • T-shirts • Shorts • Socks + one extra • Underwear + one extra • Pyjamas 	Pack at least one: <ul style="list-style-type: none"> • Long sleeve shirt • Pair of pants • Sweater • Hat • Water Bottle 	Miscellaneous Items: <ul style="list-style-type: none"> • Books for reading, journaling, colouring • Camera - not a cell phone camera (disposables welcome)
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In addition to the basic packing list, it is **IMPORTANT** to bring these items:

- A photo or photocopy of the camper's Health Card (**everyone**)
- Any required prescription medications in original bottles
- Passport (international campers)

What NOT to Bring

Cell phones, Computers, Electronics, Gaming devices	Item(s) found will be confiscated and kept in the Camp Office until camper's departure.
Money/Valuables	Camp Davern is not responsible for lost or stolen items. Please keep all valuables at home.
Weapons/Knives	Parents of campers found with any of these items will be notified and campers will be asked to leave Camp Davern property immediately, with no refund in fees.
Non-Prescription Drugs, Tobacco Products, Alcohol, Illegal drugs, Harmful Substances	
Food/Candy	To keep pests out of tents, we ask that parents NOT send food with campers.
Hair dryers/Curlers/Straighteners, Gossip magazines, Sling shots, Water guns	Not needed!

Please Leave Behind...

Harmful Attitudes: Behaviour which intentionally places others at risk physically or emotionally is not tolerated at RAW. Behaviour inconsistent with Camp's Code of Conduct could result in early dismissal of a camper.

Lice and Bedbugs: Check heads and beds prior to your camper's arrival on site. If found, campers are required to undergo treatment prior to their acceptance on site.

A Day in the Life at RAW

A Typical Day Schedule

7:15 am	Wake Up!
7:30 am	Optional Polar Dip/Energizer
8:30 am	O Canada & Morning Messages
8:45 am	Breakfast
9:30 am	Tent Tidy • Prepare and Dress for the Day!
10:00 am	Morning Event!
12:30 pm	Lunch
1:15 pm	Siesta
2:30 pm	Activity Rotation #1
3:45 pm	Activity Rotation #2
5:00 pm	Free Time • Free Swim
6:00 pm	Dinner
7:30 pm	Evening Program • Campwide Activity!
8:30 pm	TAPS & Closing Messages
8:45 - 10:00 pm	Lights Out

**Camp Summer Office & Pickup/Dropoff Location (seperate from our RAW
campsite)**

503 Beaver Lake Drive Cardiff Ontario K0L1M0

613-339-2969

raw@canaqua.ca

DIRECTIONS TO CAMP:

- If you are traveling via Hwy 118, from Cardiff follow signs. You are 2 km from camp.
- If you travel north via Hwy. 28 turn left at McGillivray Rd. which is about 3 km north of Silent Lake Provincial Park

PLEASE DRIVE SLOW ON OUR ROAD AND FOLLOW POSTED SIGNS AND STAFF INSTRUCTION. PLEASE BE SUPPORTIVE DURING WAIT TIMES. WE ARE DOING OUR BEST TO SUPPORT QUICK DROP OFFS AND PICKUPS.