



CAMP OCONTO

Dear Campers who are new to Oconto,

We are excited to have you join us at Oconto this summer! Going to camp is a wonderful adventure and we want to help you have a fantastic experience. If you are like most of our new campers, you have a few questions, so we have prepared this for you.

The following are our most frequently asked questions:

How long will it take me to get to Camp Oconto?

Oconto is on Eagle Lake, near a small town called Sharbot Lake. It is located about 45 minutes north of Kingston, Ontario.

From Toronto it will take about 3 to drive or take the bus to camp.

From Ottawa it will take about 1 and a half hours.

From Montreal it will take about 3 and a half hours.

Lots of campers come from other places as well. If this is you, your parents will tell you how long it will take to get to camp.

What kinds of food will I be eating at Camp Oconto?

We have lots of different food at camp, but it is all camper friendly. The chefs don't like it when food gets sent back, so they make things we'll like!

At breakfast there is always cereal, fruit, milk, and juice. As well there is a hot breakfast option each day, eggs, pancakes, and baker's breakfast (muffins & cinnamon buns) are a few of the options.

A few of the lunches we serve are pizza, hot dogs, make your own sandwiches, and chicken Caesar salad. Fruit is served at the end of the meal.

Some of our dinners include spaghetti, chicken souvlaki, hamburgers, chicken with potatoes and vegetables, and fajitas. Plus there is always dessert at the end of dinner.

I'm a vegetarian, so what will I eat?

If the meal has meat in it, there will be an alternative for you. If you are a vegetarian, make sure your parents/guardians let us know ahead of time! It has to be indicated on your Medical Form.

I have a special diet or food allergies, will there be something for me to eat if I can't eat a particular meal?

Make sure your parents have let us know about your allergy. If the meal we are having includes what you are allergic to, the kitchen staff will make you something different. Your counsellor will help you make sure you get the right food.

Camp Oconto is a nut and peanut free environment.

Where will I sleep at camp?

If you are 9 years old or younger, you will be in a cabin. You get to sleep in bunk beds...no one else in camp does!

If you are older than 9 you will be living in a zebo. A zebo is a half tent, half cabin, invented by Oconto. A zebo has a floor, a roof, and two walls, like a cabin. The front and back wall are made of screen with waterproof fabric walls that come down to cover them if it's cold or rainy. Have a look on our website; the buildings with bright red sides are zebos.

How many campers will I be sharing a cabin or zebo with?

There are usually 4 girls in a cabin or zebo, sometimes there are 5.

What is a typical day at camp like?

Swimming lessons are mandatory each day for all campers. You will choose up to five additional activities in a day from our wide selection of land and water activities. With your counsellor each night, you will be given a list of options for different periods; you will sign up for your activities for the following day.

8:00 am	Wake Up (optional morning swim)	1:30	Rest Hour
8:20	Flag Raising	2:45	Period Four Activities
8:30	Breakfast	3:30	Period Five Activities
10:00	Period One Activities	4:15	Period Six Activities
10:45	Period Two Activities	5:00	Free Time
11:30	Period Three Activities	5:45	Dinner
12:15 pm	Free Time	7:15	Evening Program
12:45	Lunch	8:30–10:00	Bed Time, depending on your age

What are counsellors?

Counsellors are great young women who look after you while you are at camp. They make sure you are safe, happy, and having an amazing time while at camp!

What do counsellors do at camp?

Counsellors look after you and your zebo mates. If you are 9 years old, or younger, they will live in the same building as you, but in a different room. If you are older than 9 years, they will be in a different building very close by. They help you learn about camp, what to do, where to go, etc. They also teach activities. Your counsellor will not go with you to activities, she will be teaching an activity. We have walkie-talkies at all of the activities, so if you need your counsellor during the day, it will be easy to have a counsellor call her.

Is there electricity in camp?

There is electricity, but not in the zebos. Cabins for the campers 9 years old and younger have electricity, as do staff cabins. There is electricity in the washrooms and lodges. You will want to bring a flashlight to help you get around at night and to read in bed.

Can I bring my laptop, TV, cell phone, or other electronic devices?

No. Camp is a time to get away from all of that. You cannot bring any device that can be connected to the internet. E-readers are not allowed, please bring paperback books instead.

What about my iPod and digital camera?

You are allowed to bring your iPod, but we do not recommend it. If you must bring one please realize that they get easily lost, because they are so small. They can also get wrecked in the rain. The same is true for your digital camera. It is a much better idea to bring a disposable camera. If you must bring these items to camp, their use will be restricted. Make sure your name is on everything you bring to camp! If you lose it, or it gets lost or ruined, it is your responsibility.

Can I bring costumes to camp?

Any kind of funny clothing is great to bring to camp, we love to dress up. Old Halloween, skating, and gymnastics costumes are perfect. As long as it doesn't matter if it gets dirty, or ruined, it is fine to bring to camp. If it is precious to you, leave it at home.

Should I bring my nice new clothes?

No! Leave them at home. It's best to bring older clothes to camp, then you can get dirty and it doesn't matter!

Are there showers?

Yes! We have two shower houses, one on either side of camp. They each have about 5 indoor showers and 4 outdoor showers. Each stall has a door with a lock, so even the outdoor showers have lots of privacy.

Are there lots of bugs?

Not really, except in July at bed time. During the day there aren't many, but they come out in the evening. Be sure to bring some bug repellent!

What should I do if I have a problem?

Your counsellor is there to help! She will help you work out any problems you might be having.

Will I be able to phone home?

No, campers don't use the phone. We want you to think about camp and the fun and friends there, not spending your time on the phone.

What if I get homesick?

Missing your family while at camp is perfectly normal and natural. If it happens to you there are a few things you can do to help yourself.

1. Keep Busy! There is a lot to do at camp. Activities, friends, playground, Frisbee...it's like a sleepover every night – open your eyes in the morning and there are your friends!
2. Talk to your counsellor. Let her know how you're feeling. She was camper once too, and she will help you out. You can also talk to your Section Head.
3. You can bring a small picture of your family to keep in your bag and look at every once in a while. Don't bring a lot of pictures and decorate your whole area of the cabin with them. Seeing their photos all the time might make you sad. Keep one tucked away to look at sometimes.
4. Bring a flashlight and a good book. The hardest times for missing your family are at night. Pull out a book and read it, it will help keep your mind busy and not thinking about your family. It is ok if you fall asleep reading, a counsellor will turn your flashlight off for you.