



Grade 8 students at Shawnigan Lake School begin their year with the “Grade 8 Expedition”. All grade 8 students will participate in this three-day camping expedition to Horne Lake Outdoor Centre, Vancouver Island. The trip will take place from **Thursday, September 9<sup>th</sup> to Saturday, September 11<sup>th</sup>**. We will be back in time for students to attend Chapel on the Saturday. This trip provides students an opportunity to develop a valuable support network by participating with peers and staff in a variety of enjoyable activities including: canoeing, hiking, swimming, cave exploration, outdoor cooking and team building activities. A separate consent form and medical form, from Horne Lake Outdoor Centre, have been included in the summer package. These forms must be signed and returned to the School by August 1<sup>st</sup>.

If you have any questions about the trip, please do not hesitate to contact me directly at [jokingstone@shawnigan.ca](mailto:jokingstone@shawnigan.ca)

Sincerely,  
Jo-Anne Kingstone  
Deputy Head

Below is a list of equipment that Grade 8 students will need on the trip. **Please be sure these items are among those that you bring on the first day of school.**

### ESSENTIAL ITEMS

- sleeping bag / pad
- hat with brim
- sunscreen
- 1 long-sleeved shirt
- towel and toiletries
- flashlight and batteries
- 2 pairs running shoes (for canoeing, running, hiking etc.)  
*(a very cheap pair that can get wet & muddy may be useful)*
- large duffle or sports bag (*to hold all belongings*)
- 1 pair of sweatpants (*no cotton*)
- rainproof jacket with hood
- 1 sweater / fleece (*no cotton*)
- plastic plate, bowl, cup and cutlery
- water bottle
- 3 t-shirts
- 2 pairs of shorts
- 3 pairs of underwear
- swimming suit
- day pack
- toque (*warm hat*)
- sunglasses

**No Ipods, Cell Phones, Video Games,  
Snack Foods, or Pocket Knives, PLEASE.**

# Parent Pre-Trip Information and Checklist

Please return the Parental Consent & Medical Info form A.S.A.P.  
Both sides MUST be signed by a Parent / Guardian before your child will be allowed to participate.

Our programs at Horne Lake Outdoor Centre are designed to be a "hands-on" educational experience. These unique programs are a truly rewarding experience that offers every student a chance to discover the magic of the natural world.

Upon arrival, classes will be broken down into groups of maximum 14 students with one guide and at least one adult / teacher coming along to assist with supervision.

The following list will help you prepare and help ensure that your child has everything they need to have a great time. Activities run rain or shine so children should be prepared for any kind of weather. Make sure they can get warm with a hat and gloves!



## DAYTRIP CLOTHING and EQUIPMENT LIST

- Long pants and sweatshirt
- good footwear (runners / gumboots / hiking boots)
- raingear & gloves
- extra clothing and footwear
- camera with flash
- lunch, water bottle and snack food

**Note :** AVOID COTTON CLOTHING! Wool, fleece, or nylon clothing is better when wet.

## Things to Keep in Mind about Caving

Most daytrips and overnight trips include a tour of the caves. The caves usually have some water running through them during the winter and spring so participants should wear gumboots or be prepared to get wet feet. It is a smart idea to bring a spare change of clothes including shoes and socks. There is a 25 minute uphill hike to get to the entrance to Riverbend Cave. The tour will involve some climbing and travel on rocky and uneven floors. The temperature inside the caves is 8 degrees Celsius, even in the summer. Some students will express reservations about claustrophobia but most times they get so curious and excited that they forget to be scared.

## OVERNIGHT TRIP CLOTHING and EQUIPMENT LIST

- Rain gear - hooded rain jacket and pants.
- 3 pair pants - wool or synthetic.
- Boots & Shoes - one pair of each, keep runners dry for camp
- Socks - lots, as they are likely to get wet
- T-shirts - one shirt per day
- Warm jacket - Note that this jacket is additional to rain gear jacket.
- Shorts, 2 Sweatshirts, Towel and a Warm Hat (MANDATORY)

## CAMPING EQUIPMENT

- Sleeping bag - 4 season or 3 season + extra blanket. A pillow is a nice luxury!
- Sleeping mat - Foam or Thermal mats are best. Air mattresses are not ideal.
- Sunglasses - Mandatory protection from the sun and reflective glare off the water.
- 2 Garbage bags for waterproofing gear.
- Medications - If required. Medic Alert tags for allergies! Bee kit, asthma puffer, etc.
- Flashlight (fresh batteries) Small daypack, Toiletries, Sunscreen, Water bottle

## OPTIONAL ITEMS:

Camera, Insect repellent, Special drinks or snacks, Pillow, musical instruments

## LEAVE AT HOME ITEMS:

Knives, cell phones, music players, Electronic games, Perfume, Make up and Hairdryers

Check out our wild summer camps and daily activities! [www.hornelake.com](http://www.hornelake.com)

# Activity Description List



## **Teepee / Geo-Dome Camping**

Leave your tents at home! For a truly unique experience you won't soon forget, try hanging out in our native style Teepees or a modern Geo-Dome. Traditional features are combined with modern conveniences such as raised sleeping platforms and modern material to add to your comfort. These spacious shelters sleep 8 to 10 people. Campers must provide own sleeping bag and pad.

## **Initiative Games**

What can you learn from "Nuclear Waste" or a "Spider's Web"? This session will run through a series of games starting with introductory ice-breakers that will get everyone working together. Then small groups are presented with challenges that require "creative solutions". Along the way, students learn a lot about themselves and communicating with others. A great way to build camaraderie with fun & teamwork.

## **Beach Games**

Free time can include some fun play on the beach. Hours of fun playing classic games and new ones including "Capture the Flag" at night. A fabulous way to burn up those excess calories!

## **Cave Exploring**

Cave Geology Interpretive Program is designed specifically to support school curriculums. Students explore the underground caverns, learn about geology, crystal formations and see ancient fossils. This unique program combines an excellent learning environment with fun-filled adventure.

## **Rock Rappelling**

Our most popular program is designed to provide basic experience "on-rope" in a fun and supportive environment. Excellent for beginners or as a progression from indoor climbing walls. Activity choices range from easy top-rope climbs to challenging overhanging rappels and are matched with the age and ability level of the group. All participants are instructed in climbing safety and fitted with UIAA approved helmets, harnesses and climbing gear. While on the rock, climbers are secured by a safety line at all times.

## **Canoe and Water Safety**

Canoe / Water Safety program is designed to introduce students to basic canoe handling and pre-tip planning to increase their confidence and safety on the water. Paddle strokes, proper entry /exit, emergency procedures and the importance of wearing P.F.D.'s and appropriate clothing will be taught. Since almost everybody will find themselves in a canoe at some time in their lives, we feel that a little instruction goes a long way toward the safety and enjoyment of the sport.

## **Wilderness Survivor**

Don't go out unprepared! This forest-trail program teaches the essentials of how to spend a night in the forest including building a shelter, lighting a fire, trip planning and wilderness navigation.

## **Low-ropes Challenge Course**

An excellent follow-up to the Initiative Games that puts team building and problem solving skills to the test. Teams must successfully navigate the "Alligator Swamp" by negotiating past rope swings, log crossings, and the "collapsed bridge". Nobody survives without good teamwork!

## **Horne Lake Amazing Race**

Entertain and challenge your students! Participants race in groups of 3-4 while experiencing some healthy competition from their classmates. The course is located on park property and is supervised by one of our adult instructors. Working together, teams try to answer trivia, collect bonus points, search for water, learn local plant names, and more. But this race will not necessarily be won by the first team to finish... there is more than one way to win so check it out!

## **Mission Impossible**

The ultimate way to wrap up your camp! On the Final Day, students put their new outdoor skills to the test on this "Eco-Challenge" type race. Specific details regarding the mission cannot be released or we would have to kill you.

## **Nature Crafts**

An excellent "quiet time" activity that offers a balance to the full-on physical adventure. Gather your materials from the forest and be creative!

The coolest camps on Vancouver Island! online registration - [www.hornelake.com](http://www.hornelake.com)