



2026 Camp Muskoka Parent & Camper Handbook

EXPLORER OVERNIGHT CAMP

Welcome to Camp Muskoka Summer Camp!

Whether this is your first summer with us or you're a returning camper family, we're thrilled to have you as part of our camp community. This handbook contains everything you need to prepare for an amazing summer with us.

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Communication with Camp Muskoka Office:

If you need to connect with us at camp, please call or email using the details below:

Registrar: Laura “Lolly” Hamel

Phone: 705-645-6000

Email: registrar@campmuskoka.com

AFTER HOURS: Please leave a detailed voice message and we will reply to you as soon as possible.

Our address for dropping off and picking up your camper is:

Camp Muskoka, 1745 Fraserburg Road, Bracebridge, Ontario P1L 1X3

Summer Office Hours:

- Monday–Friday: 8am–4pm
- Saturday & Sunday: 9am – 3pm

Fall/Winter/Spring Office Hours:

- Monday–Friday: 8am–4pm

Arrival Day - Sunday Afternoon

Before You Arrive

- You'll receive an **Arrival Day email** about two weeks before your camper's session with your scheduled arrival time and important reminders
- **Multiple campers?** You'll receive separate times—please arrive at the earliest time to drop off all campers together
- **Do not arrive early**—our team will be preparing to welcome your camper
- **Leave pets at home** for everyone's safety and comfort

Check-In Process (Please Stay in Your Vehicle)

1. **Drive-Through Check-In** — You will be greeted at various stops along our driveway. You will be asked to verify authorized pick-up list names and receive additional confirmation of your cabin assignment and specialty programs
2. **Medical Screening** — Our medical staff will review health concerns and collect medications (please have them ready to hand over)
3. **Camper Drop-Off** — Say goodbye at the SOD (grassy field). Counsellors help unload luggage and escort campers to cabins – it's a very quick process – please be ready to give your hugs and kisses goodbye.
4. **Cabin Meet & Greet** — Campers receive head lice checks and help unpacking.

Departure Day - Wednesday Morning

Pickup Information

- **Departure day is Wednesday morning before noon**
- You'll receive a **Departure Day email** halfway through the session with your assigned pickup time



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- **Multiple campers?** Arrive at the earliest assigned time to sign out all campers at once
- **All campers must be signed out on time**

Check-Out Process (Please Stay in Your Vehicle)

1. **Bring Photo ID** — All individuals picking up campers must show government-issued photo ID
2. **Sign Out** — Pick up at the SOD (same as Drop-Off) our staff will greet you and verify ID to sign out each camper
3. **Luggage Pick-Up** — Counsellors help bring luggage to your vehicle
4. **Medications** — Any remaining medications will be packed in your camper's luggage

Who Can Pick Up My Camper? Only pre-authorized individuals listed on your camp application or via email to registrar@campmuskoka.com may pick up your camper. All individuals must present valid photo ID.

Late Arrivals & Early Departures: Please arrange in advance by emailing registrar@campmuskoka.com. The more notice we have, the better we can support your camper's transition.

Extend Your Stay Option

If you selected the option to be contacted should your camper wish to extend their stay to a full week session, we will contact you to discuss this choice on Tuesday, should your camper express their desire to extend. If your camper extends their stay with us to Saturday, your credit card on file will be charged for the extension and you will be receiving an alternate email with pick up instructions for the Saturday departure, rather than the Wednesday departure.

Health & Safety

Medical Forms & Medications

- **All medications must be included on your medical form**
- Pack medications in a **sealed, transparent bag** (e.g., ziplock) in **original packaging**, clearly labeled with your camper's name and dosage
- **Unlabeled or repackaged medications will NOT be dispensed**
- If you need to add medications or update health information, email registrar@campmuskoka.com

Special Dietary Needs & Food Allergies: Our Executive Chef reviews all dietary information. If there have been changes since you submitted your form, email registrar@campmuskoka.com immediately. We may contact you with questions or ask you to send supplementary food items.

Club Med (Health Centre): Our on-site Health Centre is staffed 24/7 by a physician, nurses, and nursing students. We're 12 minutes from South Muskoka Memorial Hospital with 8-minute EMS response time if needed.



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Head Lice Policy: Please have your camper checked by a doctor before camp. Every camper will be checked upon arrival. Campers will be dismissed for treatment and welcomed to a later session if lice are found.

Health Insurance: All campers must have valid health insurance (e.g., OHIP). International and out-of-province campers need travel insurance. Medical expenses will be charged to your account—a valid credit card must be on file.

Infectious Diseases: If your camper has been exposed to measles, COVID-19, chicken pox, flu, or other infectious diseases, please email registrar@campmuskoka.com before arrival.

Swimming Safety: Every camper's swimming ability is assessed at the start of each session based on Ontario Camps Association standards. Some campers may be required to wear a Personal Flotation Device (PFD) at the waterfront. All swimmers must wear PFDs when using inflatable water toys or boats.

Camp Policies

Nut Safe Policy: Camp Muskoka is a **Nut Safe facility**. Do not send any food, snacks, gum, or nut-containing hygiene products. Any personal food or unsafe items will be confiscated and disposed of.

Behaviour Policy: Camp Muskoka takes physical violence and bullying very seriously. We thoroughly investigate each situation involving harmful behaviour. Campers who engage in physical violence or bullying, or demonstrate intent to harm others and or themselves, may face consequences up to and including immediate dismissal from camp without refund.

Prohibited Items & Substances:

- **Smoking, vaping, cannabis, alcohol, and drugs** are prohibited. Any camper found possessing or using these will be sent home immediately without refund.
- **Cell phones and electronic devices** are prohibited (except for medical needs). Devices brought to camp will be stored in the office and returned at the end of the session. Camp Muskoka is not responsible for lost or damaged items.
- **Cash** is not needed as 2 treats (candy/chips/pop) from our tuck shop is provided daily.
- **Theft** — Any camper caught stealing will be dismissed immediately with no refund.

Curfew: Bedtime ranges from 8:30pm to 10:30pm depending on age. After curfew, campers must stay in their cabins. Leaving after curfew may result in disciplinary action or dismissal with no refund.

Dress Code: Campers should wear clothing suitable for active, outdoor fun. Leave expensive or favorite outfits at home—clothes may get dirty or stained. Camp Muskoka is not responsible for lost or damaged items. A suggested packing list is on Page 9 of this handbook.



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Communication with your Camper- Staying Connected

Phone calls to and from campers are not encouraged. Camp is a chance for independence and making new friends. Being away from home is an important part of the camp experience.

Emailing Your Camper:

- Include **session number, cabin name, and camper's full name** in the subject line.
- Send emails to: camper@campmuskoka.com
- Emails are printed and delivered daily during evening cabin time.

Sending Letters & Packages:

- Include **session number, cabin name, and camper's full name** on all mail/packages.
- Mailed in letters are delivered the same day they arrive
- Drop off pre-written letters/care packages at the Office on arrival day if desired, with details on when to deliver them
- All packages must be fully prepaid if shipped to camp
- **Do not send nut products, food, candy, gum, or snacks** (even for birthdays)

Visitors: Visitors during camp sessions are not permitted.

Camp Life

Cabin Groups: Each cabin has approximately 20 campers of the same gender and similar age, sleeping in bunk beds with personal storage space. There are always 4 staff in the cabin. LIT campers sleep in tents (4 per tent) in LIT village with staff in separate staff tents.

Cabin Mate Requests: Cabin Mate requests must be received in writing to the registrar please email registrar@campmuskoka.com, 4 weeks prior to your campers' arrival. We prioritize cabin mate requests when organizing cabins. Please note:

- We cannot share names of other campers in your camper's cabin
- Cabin groupings may differ year to year based on ages, requests, and group dynamics
- We can only discuss your camper's registration due to privacy laws

Typical Daily Schedule: *Schedule may change without notice.*

- 7:30am - Wake up
- 7:45am - Breakfast
- 8:35am - Cabin Clean-Up
- 9:10am - 12:15pm - Activity Periods (with fruit & water break)
- 12:30pm - Lunch
- 1:30pm - Relaxation
- 2:15pm - 5:00pm - Activity Periods (with tuck & water break)
- 5:30pm - Dinner
- 7:00pm - Evening programs and cabin time



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Tuck Shop: After lunch Monday–Friday, campers can choose up to TWO treats per day (chips, chocolate, candy, freezies, ice cream, or pop). Tuck is included in camp fees. If you want your camper to opt out of tuck, please email registrar@campmuskoka.com.

Birthdays at Camp: We prepare a fun birthday treat for your camper. To send a card or small gift, leave it at the Office during check-in, clearly labeled with camper's name, cabin name, and birthday. **Do not include food, candy, gum, or snacks. (No Nut Products)**

Tie Dye T-Shirt: One of our camp activities is Tye-Dye. If your camper wants to participate, be sure to pack them a 100% cotton white t-shirt.

Practical Information

What to Pack: Please review the Camper Packing List on page 9 of this document.

- **Label everything** with your camper's full name
- Send enough bug repellent & sunscreen for the entire stay

What **NOT** to Pack

- Nut-containing products
- Food, snacks, candy, gum, etc.
- Cash
- Cell phones, cameras or electronic devices
- Expensive or favorite clothing or sentimental or valuable items

Laundry: Available for an additional fee. Must be added online by the Thursday before your camper's arrival. Laundry is included in the fee's if enrolled in the LIT Program. Camp Muskoka is not responsible for lost or damaged clothing.

Lost & Found

- We do our best to ensure no items are left behind.
- Shipping costs will be charged if you request items be mailed.
- Unclaimed items are donated 7 days after departure.
- **Label everything to help us return items quickly**

Camp Muskoka Clothing Store: Shop online at www.campmuskokaclimbing.com for t-shirts, sweatshirts, and souvenirs. Order before or during your camper's session to avoid shipping fees— we'll deliver items to your camper before they leave. Be sure you fill in what your campers name is, their cabin, and what session they are attending.

Photos & Social Media: Every family will be emailed a camper cabin photo at the session end. Follow us for camp highlights:

- Instagram: @CampMuskoka
- TikTok: @campmuskoka
- Facebook: Camp Muskoka



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Helpful Tips

Sun Protection: Encourage your camper to wear hats, loose-fitting light-colored clothing, and apply sunscreen regularly. Talk with them before camp about the importance of sun safety.

Bug Protection: Mosquitoes and black flies are part of outdoor life. Pack enough labeled bug repellent for the entire stay. Light-colored clothing and non-perfumed toiletries help keep bugs away.

Bed Bug Prevention: Before packing, run all items (including luggage, bedding, sleeping bags) through the dryer on high heat for 30 minutes. Camp Muskoka uses Heat Assault technology for regular chemical-free treatment of all accommodations.

Tick Prevention: Camp Muskoka has been incredibly fortunate over the past several summers; we have had almost no reported tick bites at camp. However, to add an extra layer of caution this season, we will be encouraging all campers to do simple, daily, quick self-check of common tick hotspots.

Helping with Homesickness: Homesickness is common regardless of age or experience. You can help by:

- Speaking positively about camp before arrival
- Focusing on fun activities and new friendships
- Avoiding questions like "Will you miss me?" or "What if you get homesick?"
- Not telling your camper they can "come home if it's hard"
- Writing a cheerful letter to arrive in the first few days

At camp, our trained staff provide support, normalize feelings, and keep campers active and engaged with extra attention to ensure they're eating, maintaining hygiene, and connecting socially.

Camper Code of Conduct

At Camp Muskoka, we're building a community where everyone feels welcome, safe, and respected. As members of this community, all campers agree to:

Safety & Respect:

- Follow all Public Health and government safety guidelines
- Adhere to Camp Muskoka's guidelines and philosophies
- Respect themselves, fellow campers, staff, the environment, facilities, and camp property
- Refrain from using or possessing alcohol, drugs, cannabis, cigarettes, vapes, or misusing prescription/non-prescription drugs



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Everyone at Camp Muskoka has the right to:

- Feel safe and included regardless of race, religion, gender identity, sexual orientation, or ability
- Be themselves without fear of judgment or harassment
- Participate fully in all camp activities
- Be treated with kindness, respect, and dignity

Our Approach to Behavior:

We recognize that campers are children who are still learning to navigate social situations. Minor conflicts and mistakes are normal parts of growing up, and we work with campers to help them learn, apologize, and improve. We believe in teaching moments, accountability, and second chances.

Behavior Policy:

Camp Muskoka takes physical violence and bullying very seriously. We thoroughly investigate each situation involving harmful behaviour. Campers who engage in physical violence or bullying, or demonstrate intent to harm others and or themselves, may face consequences up to and including immediate dismissal from camp without refund.

Additionally, campers may face serious consequences, including dismissal, for:

- Threats of violence
- Racism, homophobia, transphobia, or discrimination based on gender, religion, ability, or background
- Harassment or intentional exclusion designed to harm others
- Hate speech or slurs targeting any individual or group

When we all follow these guidelines and stand up for one another, Camp Muskoka remains the greatest, most fun, and welcoming place to spend summer!



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Camper Packing List

Below is a recommended list of items to bring to camp, based on a **one-week session**. For campers staying for a shorter stay please adjust item quantities accordingly.

BEST PRACTICE: PACK IN A SOFT SIDED BAG (IE HOCKEY BAG) TO STORE UNDER BUNK BED

<p>Clothing:</p> <ul style="list-style-type: none">• 3 Pairs of shorts• 2 Pairs of pants• 6 T-shirts• 8 Pairs of underwear• 8 Pairs of socks• 2 Long sleeved t-shirts• 2 Sweaters/ sweatshirts• 1 Raincoat• 2 Bathing suits• 2 Bath towels• 1 Pair of closed toe shoes (running shoes)• 1 pair sandals w/ strap, or water shoes• 1 hat• 2 pairs of pajamas	<p>Equipment:</p> <ul style="list-style-type: none">• Reusable water bottle• Sleeping bag or warm blanket• One pillow w/ pillowcase• Fitted Sheet for a twin mattress (top sheet optional)• Sunscreen• Insect repellent• Toiletries (comb, toothbrush, toothpaste, deodorant, facial tissues, feminine hygiene products, shampoo, soap- non perfumed recommended & nut free products)• Book• An item of comfort (i.e. stuffed animal, sleep eye mask, blanket)
<p>Medications:</p> <ul style="list-style-type: none">• Pack medications in a sealed, transparent bag.• Keep all meds in original packaging, clearly labeled with your camper's name and dosage.• Unlabeled or repackaged medications will NOT be dispensed.	<p>Optional:</p> <ul style="list-style-type: none">• Backpack• Bathrobe• 1 warm jacket• Sunglasses• White cotton t-shirt for tie dying• Lip Balm• Horseback Riders• Rubber boots or riding boots with a 1-inch heel

Please make sure ALL clothing and equipment is clearly labelled with camper's first and last names

One of our Camp Activities is Tie-Dye. If your camper wants to participate, be sure to pack them a White T-Shirt that's 100% Cotton!