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Welcome to Camp!

2026

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## Preparing For a Successful Camp Pringle Experience

Pringle is a fun place full of friends, adventures, and opportunities to develop new relationships and skills. For some campers, this might be the first time at camp and/or their first time spending several nights away from home!

This welcome package will help make the transition from home to camp a stress-free experience for everyone.

We hope that you and your child(ren) will read it thoroughly together so that you will be prepared and comfortable with the routines and expectations of camp. Please ensure you have read this package in its entirety and followed our instructions. If you cannot find the answers to your questions here, feel free to contact us by email at [registrar@camppringle.ca](mailto:registrar@camppringle.ca). This welcome package will offer a general overview of what to expect.

### Camp Activities

Over the course of a week at camp, you and/or your child(ren) (herein referred to as "campers") will be exposed to a wide variety of activities and experiences. Campers will receive individual instruction in the development of new skills, take part in small-group activities, and participate in games and theme events involving the entire camp. Our environmental-based programming places an emphasis on creativity, imagination, hands-on experiences, and adventure in a safe, fun-filled atmosphere designed to encourage personal growth and development.

Activities at Pringle are guided by the philosophy of '**challenge-by-choice**'. Campers will never be forced to do an activity but will be encouraged by staff to try new experiences. Camp staff endeavour to design and deliver program options which are safe, active, meaningful, engaging, and appropriate to the age and interests of each camper. Activities are structured to allow time for everyone to assess their own level of comfort, proceed at their own pace and accomplish their own goals within the timeframe of the session.

### A Day in the Life of a Pringle Camper

There is never a dull moment at Pringle! In our aim to make our programs a thrilling experience for everyone, each day of our week-long summer camp programs is balanced between regularly scheduled activity blocks and loosely structured free time. Each morning and afternoon, a range of different programs are offered in 1-2 hour segments, giving campers time to engage in lots of different activities. Each afternoon also includes a block of free time in which campers have the chance to enjoy swimming at the lake, playing games in the field or read under tree. On most nights, we gather, together as a full camp to close the day with the whole community at a campfire full of songs, stories and laughter.

After that, campers and their counsellors settle into their cabins for some quiet reflection time and optional reading, drawing or another quiet activity of their choice after they get ready for bed. Please note that this schedule is just a sample schedule of how a day at overnight camp *could* look. For each camp offered, there is a specified schedule which will be made available once you are up at camp!

7:30am	Wake Up!
7:45am	Polar Bear Dip/Dance Awake
8:15am	Morning Watch
8:30am	Breakfast
10am	Camp Worship
10:30am	Snack
11:30am	Activity Session 1
12:30pm	Lunch
1:30pm	Toes Up (quiet time)
2:00pm	Activity Session 2
2:45pm	Gulp n' Go (snacks)
3:00pm	Activity Session 3
3:45pm	Free Swim
4:30pm	Cabin Time
5:30pm	Dinner
7:00pm	Campwide Game
8:15pm	Dessert & Campfire
9:15pm	Evening Reflections
9:30pm	Lights Out

## NOTE:

On the last day of both Day Camp and Overnight Camp, we invite parents to join us ahead of pickup times to celebrate the week with their children and our counsellors.

- For **Day and Overnight Camp weeks**: Please arrive 30 minutes before the scheduled pickup time.
- The TUK shop will be open at this time as well, for a pop, or chocolate bars, candy and chips.

We look forward to sharing stories, songs, and smiles from the week with you!

## All-Gendered Accommodations

As a part of our commitment to living our value of Inclusion, we have all-gendered our Summer Camp accommodations. Washroom facilities, we have all options available, ladies, men's, and accessible.

An all-gender accommodation means that campers can expect to share an accommodation with fellow campers of all genders, gender identities, and gender expressions. This change represents a shift towards making camp a more welcoming and inclusive environment. In order for campers to maintain privacy when dressing, we will continue to have covered changing stations in Cabins, as well as private stalls in all of our washroom facilities.

## Food at Camp

For Kids Camps, you DO NOT need to send any food with your child, and if you do, please be careful not to include nuts– **we are a nut-aware site.**

During overnight camps, campers receive 3 meals, 1 snack and 1 dessert per day.

During our day camps there will be a lunch and a snack provided each day.

If you want to bring snacks so long as they are brought in airtight reusable Containers, labelled with the camper's name, so that they do not attract critters. Your Camp Leaders will let them know where to put them. As always, **no nuts** are allowed.

Almost all dietary restrictions (i.e., gluten free, dairy free, food allergies, etc.) can be accommodated by our kitchen if we are notified at time of registration. If you have already registered, and did not include that information, please contact us at [registrar@camppringle.ca](mailto:registrar@camppringle.ca) so we can make the necessary preparations.

## Lost and Found

Summer camp is a busy time! While moving between activity areas, cabins and the dining hall, certain things are bound to be dropped or forgotten. Make sure to label as many items as possible with your child's first and last name, so we can return items with greater ease. If an unlabeled item is found at camp, it is brought to our lost and found station. On the last day of each camp week, all of the week's lost items will be shown at breakfast or snack time or pick-up time to be reclaimed. If your child returns home without something, you can contact us to let us know, and we will check our lost and found items.

## Luggage

The ideal combination of bags is very simple but important to each camper's experience. Use one large bag to hold all clothing, sleeping bag, toiletries, books and whatever else you pack, as campers can have one easily accessible place to keep all belongings. A small backpack or draw-string bag is also great to have at camp. Kids will spend most of the day out of the cabin, and having sunscreen and water at all times is very important in the summer heat.

## What to Bring to Camp

It is important that campers make sure to pack all of the appropriate clothing and gear for their camp sessions. It can help to include your child as much as possible in the packing process, so they know what they have with them, and feel comfortable in their transition from home to camp.

### Packing tips:

- Camp is all about the great outdoors. Pack clothes that are comfortable, durable And that can get dirty. Choose functional clothing, and only pack what can stand to be lost, damaged or muddy.
- Bring a variety of clothing layers. We cannot be sure that every day of your and/or your child's week at camp will be 24° or more and sunny. Rainy days happen, as do evening activities, where your child may need a sweater, jacket, boots or a toque. Even if an item ends up not being used, it is better to pack it just in case.
- Cotton is not ideal for rainy days, kayaking and canoeing. As it absorbs and holds water, it can make a camper cold quickly and keep them cold until they change into a different article of clothing. Some cotton is fine, but try to include polyester blends if you can.
- Please label as many pieces of clothing as you can with first AND last names. Do the same for water bottles, bug spray, hats, sunscreen etc. Lots of kids come to camp, and many kids have the same hats and bottles.
- Include a day pack that your child can carry comfortably while walking around. Something simple to bring bug spray, a hat, sunscreen and a water bottle is all they will need. A school backpack works great!
- If you wish to **write a letter or a note** for you camper, we will distribute them at mealtimes. You can also email us at [registrar@camppringle.ca](mailto:registrar@camppringle.ca) and we will deliver it to them.

### Most Important Items:

- **Cold Weather Clothes:** A cozy hoodie and toque for evenings.
- **Bedding:** A sleeping bag (and/or warm blanket) fitted sheet and a pillow.
- **Headlamp/Flashlight:** For walking in the dark!
- **Toiletries:** Toothbrush, toothpaste, retainer case, etc.
- **Sturdy Shoes:** Footwear for running in the field or hiking a trail. Sandals are fun but some activities require closed-toe shoes for safety and comfort.

## Full Packing List

Below is a list of all that campers will need to be fully equipped for a great week at Camp Pringle. Please keep in mind that the needs of each camper change based on the program they participate in.

<b>Toiletries</b> <i>Please choose biodegradable/eco friendly options if possible</i>	<b>Clothes &amp; Footwear</b> <i>Quick drying options are best if available</i>
<ul style="list-style-type: none"> <li>• Toothbrush &amp; Toothpaste</li> <li>• Shampoo &amp; Soap</li> <li>• Sunscreen (50FPS+ recommended)</li> <li>• Menstrual Supplies</li> <li>• Medication (in original packaging with name and dosage info)</li> <li>• Hair Brush/Comb</li> </ul>	<ul style="list-style-type: none"> <li>• T-shirt &amp; Shorts</li> <li>• Long Pants</li> <li>• Sweater</li> <li>• Warm Jacket</li> <li>• Warm Socks (wool if possible)</li> <li>• Underwear</li> <li>• Swimwear</li> <li>• Rain Jacket</li> <li>• Pajamas</li> <li>• Sun Hat</li> <li>• Toque</li> <li>• Sturdy Water Shoes (not flip flops)</li> <li>• Closed-toe Running Shoes</li> <li>• Sandals with Ankle Straps</li> </ul>
<b>Luggage, Bedding &amp; Other Items</b>	<b>Optional Items</b>
<ul style="list-style-type: none"> <li>• Duffle bag/suitcase</li> <li>• Sleeping Bag &amp; Fitted Twin Sheet</li> <li>• Pillow</li> <li>• Towel</li> <li>• Water Bottle</li> <li>• Flashlight/Headlamp (and extra batteries)</li> <li>• Sunglasses</li> </ul>	<ul style="list-style-type: none"> <li>• Camera &amp; Waterproof Case</li> <li>• Small Games (Mad Libs, Cards etc.)</li> <li>• Rain Pants</li> <li>• Boots</li> <li>• Book(s)</li> <li>• Journal</li> <li>• Bug Repellent</li> <li>• Small amount of \$ for the Tuck Shop max \$10</li> </ul>

## What NOT To Bring

The following items should not be brought. Some of these items are prone to being lost or damaged, others are unsafe for campers to have in their possession. In either case, they are better left at home.

- Cellphone
- Jewelry
- Tablet/Portable Game Device/iPod
- Special Clothes (that you do not want damaged/dirty)
- Knives (including swiss army knives)
- Matches or Candles
- Drugs, Tobacco, Alcohol

*Please note: Staff reserve the right to search baggage and confiscate prohibited items. In some cases, the items may be returned at the end of the week at the discretion of staff.*

## Additional Packing Notes

**Rain Gear:** It is rare in the summer weeks for rain to be in the forecast. That being said, Mother Nature isn't always predictable and it is entirely possible for unforeseen weather conditions to arrive. Sending your child with the necessities for rain will let them fully participate in scheduled camp activities in comfort regardless of weather. If you do not have rain boots on hand, a second pair of running shoes can be helpful to stay warm.

**Zero Waste:** At Camp Pringle, we are committed to caring for the Earth by working towards a zero-waste environment. Whenever possible, we use sustainable compost all food waste on site. We ask our campers to partake in the philosophy of zero waste to the best of their ability. If you pack snacks, please bring them in products and compost all organic materials. We encourage all our campers, staff, and visitors to join us in this effort and participate in our zero-waste philosophy to the best of their ability. Together, we can make a difference—one mindful choice at a time.

## Getting To Camp Pringle - from North or South Island

If you are driving to Camp Pringle from Victoria, take the Shawnigan Lake turn off from the Malahat and follow the signs for Camp Pringle, you will turn left onto West Shawnigan Lake Road, when you see the Shawnigan Lake Provincial Park, our driveway is the next right.

If you are coming south to Camp Pringle, turn right at the lights (Country Grocers will be on your left) on Cobblehill Rd, follow the road all the way to the stop sign and turn right onto Renfrew Road (over railway tracks). You will go past Mason's Store, Shawnigan Lake School, the Beach Estates and the Lake house restaurant. You will see a sign to turn left on West Shawnigan Lake Rd. for 3km to Camp Pringle.

You will pass the fire department on your right and our driveway is just past the 50km/hr sign on the right.

## Check In & Out of Camp--

It is very important that on the first day of camp you (or a predetermined guardian) **check in** with the registration team under the pavilion outside Spencer Dining hall. Where the team will get their names and give them their T-shirts, cabin assignments and if your child has medications, the first aid team will gather those and make sure we have all the appropriate information.

After checking in, campers will get to know their cabin-mates as well as one of their camp counsellors for the week, as they wait for all campers to arrive. Staff will tell campers when it is time to help bring their luggage to their assigned cabin.

It is also very important that each camper is **checked out** of camp on the last day (by their guardian stated on their registration form or the one communicated to staff team) to make sure they have everything they have, so that we know they are going home with their guardian and saying goodbye.

On the last day of both Day Camp and Overnight Camp, we invite parents to join us ahead of pickup times to celebrate the week with their children and our counsellors.

- For **Day Camp weeks**: Please arrive 30 minutes before the scheduled pickup time.
- For **Overnight Camp weeks**: Please arrive 30 mins before the scheduled pickup time.

We look forward to sharing stories, songs, and smiles from the week with you!



## Health and Safety at Camp

You should have filled in medical information regarding all your camper's important health requirements (i.e., dietary, physical or medical). If anything was missed during registration, please send us an email ([registrar@camppringle.ca](mailto:registrar@camppringle.ca)) and let us know **prior to camp or ASAP**. To give us enough time to update each camper's profile information and make the necessary adjustments. If you are not able to do so before the drop-off day, please inform staff during check-in on the first day of camp, who will then convey the information to the relevant staff members.

Please be sure to include any issues campers could experience while at camp (i.e., side effects of medication, susceptibility to heat stroke, sensitivity to mosquito, wasp or bees bites, problems with anxiety and homesickness, etc.). The Summer Camp Director or Camper Support Coordinator may touch base with any campers who have special health requirements to ensure that each camper is feeling safe and adequately supported for the duration of their stay at camp.

### Medication and Medical Concerns

Please ensure all medication is given to staff during check-in on the first day of camp. Although it is unlikely to be needed, it is recommended for you to pack extra medication in a separate container for your camper as a contingency.

For life-threatening allergies, please make sure to connect with staff before arriving at camp if not during check-in on the first day of camp. If it is deemed necessary, a camper using allergy-related medication can see the Camp Nurse once at camp to develop a plan for reliable accessibility, such as if your child has an Epi-pen or other medication for a life-threatening allergy.

If your child regularly takes behavioral medication, we recommend that they continue to take this medication while at camp. Camp is **not** a good place to go off of medication, as this type of alteration in medication should be closely monitored by a trained health professional ideally in a familiar environment.

### In case of Serious Injury or Illness

Quiet rest areas are available when campers become overtired or need extra care. On rare occasions, we may request that a camper leaves camp before the end of the session if they become ill and are no longer able to participate in camp activities, or represent a risk of spreading illness to other campers. If your camper is contagious, our COVID-era protocol dictates that we are more cautious than we have been in previous summers.

In the rare event that emergency medical treatment is required, we will contact you or your emergency contact right away. If the emergency requires us to move quickly a staff member will accompany your child(ren) to Cowichan District Hospital or Victoria General Hospital, and our camp staff will make arrangements to meet you at the hospital. Our staff member will stay with your child(ren) until a parent or guardian arrives.

## Head Lice

Head lice are prevalent in our communities and we ask that you carefully check your child(ren)'s hair for evidence of lice and/or nits **one week** before camp begins to allow adequate time for treatment if necessary. Head lice are very contagious, and since campers live in close proximity with one other, we want to prevent outbreaks of lice.

We will be checking for lice on each camper individually upon arrival at camp. If lice are found, a parent/guardian will be notified and the camper will be treated with medicated shampoo. Camp Pringle maintains our strict "**No Lice/No Nits**" policy. Lice is very common, and we work hard to ensure that head lice does not prevent a child from attending camp.

## Missing Home

Missing home is a completely normal and natural reaction to being away from the comfort and routines of home. It's important to talk with your child about these feelings in a positive and encouraging way before camp. Let your camper(s) know that missing home is normal, that it will pass, and that they can still have a wonderful experience at camp!

Discussing homesickness in a proactive way helps prepare them in case they experience it. Once at camp, our staff are trained to support campers experiencing homesickness at all levels. In rare cases, our Summer Camp Director may have the camper phone home to ease their feelings.

If you have strategies that work well for your child, please send us a note ahead of time so we can be prepared to support them in the best way possible.

## Visitors

At Camp Pringle, we will keep campers engaged from the time they wake up until they go to bed (with some built-in down time, of course)! Visits and phone calls to and from family members and friends can be very distracting to a camper's daily routine and overall experience of being immersed in camp life. Therefore, there are no in-person visitors at all during summer camp. If this is your child(ren)'s first time away from home– not to worry, you'll see your happy camper in a few days' time! If they are feeling worried about being away from home for the first time and potentially getting homesick, our staff is highly trained at helping first time campers.

## NOTE:

If you would like to email a letter or send one with your child on the first day of camp, we will distribute letters from home at a mealtime once each week.

## Sleeping Habits and Bedwetting

If there are any concerns about your child(ren)'s sleeping habits which may have been missed during the registration process, please inform our staff during check-in in order to help us ensure a positive experience for the camper.

It is our belief that bedwetting should not prevent a child from enjoying camp. We understand the hesitation and concerns that campers and their families may have about managing bedwetting at camp– to address these, our staff have been trained to handle this as discreetly as possible for campers to maximize their comfort at camp.

## Behavior Policy

Our camp staff are highly trained in providing quality care and implementing strategies to help guide campers. This also includes correcting any unsafe or inappropriate behaviour to ensure all campers are having an amazing time at camp!

In the spirit of community living, all campers are expected to be respectful and mindful of others. All behavioural expectations at camp are designed around safety and respect. Campers will be made aware of these expectations during our community meetings on the first day of camp and everyone at camp is expected to adhere to them. Please talk to your child about the following points before they arrive at camp:

- Camp is a community; as such, campers are expected to take responsibility in caring for others. This includes respecting the boundaries of other campers, respecting other people's belongings, treating others fairly, respecting differences (cultural or otherwise), and reporting (and not participating in) any incidences of dangerous or inappropriate actions.
- Campers are expected to take responsibility in caring for the environment. This includes respecting the natural life around camp (plants & animals) and making proper use of garbage and recycling facilities.
- Campers are expected to be respectful of camp equipment, accommodations, and general camp property.
- Campers are expected to take age-appropriate responsibility for caring for themselves. This includes wearing sunscreen, dressing for the weather, washing hands regularly, practicing good personal hygiene (such as showering and brushing teeth), getting enough rest, and listening to instructions and directions from camp staff. Of course, our staff are always there to support, remind, and assist campers as needed.

## Camper Dismissal

Although camper dismissal is rare, it is important to note that the following behaviors or actions are not tolerated at Camp Pringle: bullying and/or harassment, racism, use of derogatory language, use of profanity (swearing), theft, vandalism, and aggressive defiant/disorderly conduct. In all but the most extreme cases, staff will always attempt to address the behavior before resorting to the dismissal of a camper. The Summer Camp Director reserves the right to withdraw any camper without warning who, in their opinion, compromises the physical or emotional safety of any person at camp, who is found to possess illicit substances or objects, or who is an immediate hazard to the wellbeing of themselves or others. A camper's family will be responsible for all costs associated with any dismissal due to behavioral issues and no refund of camp fees will be given.

Questions?

Send us an email at

[registrar@camppringle.ca](mailto:registrar@camppringle.ca)

Contact Us

Website: <http://camppringle.ca>

Phone: 250-743-2189

E-mail: [registrar@camppringle.ca](mailto:registrar@camppringle.ca)

