

# Pre-SOAR Camp

@ Camp Ispah, May 13 & 14, 2017



Hi Everyone,

I have attached the SG.1, SG.2 and Registration Form for the Pre-SOAR Camp being held at Camp Ispah on May 13 & 14, 2017. We know some of you have been to SOAR before and are prepared for a week of fun, excitement and trying new skills while we also know some of you have never been to SOAR before and may be a little apprehensive but are still excited and looking forward to a great experience.

With that in mind we have planned this camp to help you to make sure all your equipment is working fine, as well as giving you a chance to get out camping with your patrols. During this camp we will also run a few stations to help prepare your group for various things you may encounter at SOAR 2017. There will also be an evening campfire that everyone is encouraged to attend.

**Cost:** \$16.00 per camper. No cost to Guiders. Rivers North Area is subsidizing this camp and Guiders can submit reimbursement for mileage to and from camp.

**Arrival:** Saturday, May 13 @ 10 a.m.

**Pickup:** Sunday, May 14 @ 11 a.m.

**Registration Deadline:** *The registration deadline is April 15, 2017. Please complete the entire form including food allergies and the emergency contact name(s) & numbers.*

**Safe Guide Forms:** The SG.1 and SG.2 forms are included in this email. Please bring a signed SG.2 for each of your participants to camp and give them to the Responsible Guider when you arrive.

**First Aider:** One of the two Patrol Guiders must hold a current First Aid Certificate. Your patrol will go to this Guider for any minor medical attention and to receive any personal medications.

**Medications & Health Forms:** This is a good opportunity to complete your patrol's First Aid kit with the brand medications you may be bringing to camp. Please complete the H.7 medications form, then have your parent's initial them and bring them with you to this pre-camp. As well, don't forget your Health Forms for both girls (H.1) & adults (H.2). Each unit will be responsible to bring their own First Aid kits, and all campers must bring their personal medications in a Ziploc bag clearly labelled with instructions for use

**Equipment:** Please use your SOAR Kit List for both the Patrol and Personal kit list. You will need to bring coolers and totes as we will be purchasing the food and then distributing it to you as they have done at previous SOARs. Please bring your own propane canisters as we will not be supplying them. Tents, kitchen tarps, easy-up shelters, cooking and dishwashing equipment are the responsibility of each patrol.

**Water:** You will need to bring water. Camp Ispah does not have drinking water, so please arrange to bring enough water for cooking, drinking and tooth brushing. The water from the camp's pump can be boiled and used for washing dishes.

**Banners & Traders:** This weekend will also be an opportunity for your patrol to make their banner and perhaps traders, throughout the day and evening. We have the use of the shelter, so bring your supplies and have fun designing your patrol banner. Check out the internet for trader ideas. You will need to bring all your own supplies. Note: Camp Ispah does not have power. No plug-ins for hot glue guns!

**Cell Phones:** You are welcome to bring your cell phone to camp but keep in mind Camp Ispah has very poor cell service and there is nowhere to charge them.

**Before Pre-Camp:** Pack the items that are on the SOAR Personal Kit List. Be sure that everyone has the right size backpack (typically 45-60L) so that they can carry their personal equipment, sleeping bag and foamie. No plastic bags, luggage or rolie-bags!

**At Pre-Camp:** You will live in your designated 25'x25' space with all your patrol equipment for the weekend. Learn how to best utilize this space, and make any adjustments in equipment to be sure that your patrol will be comfortable camping for a week at SOAR 2017.

**Camp Ispah crest:** Camp Ispah crests are available for purchase. They cost \$3.00 each.

**Questions?** If you have any questions or concerns, please let me know. Laura Allgrove email: [canadatrex@hotmail.com](mailto:canadatrex@hotmail.com)

**We look forward to camping with you,**  
Pre-SOAR Camp Planning Committee,  
Laura Allgrove, Program & Responsible Guider  
Victoria MacDonald, Health Services  
Donna Porteous, Quarter Master



# Map to Camp Ispah

Prince George

