

Caregiver Handbook

Red Wolf Overnight Camp 2026



Pine Project



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Land Acknowledgement



Red Wolf Overnight Camp operates on the land we now call the Haliburton Highlands. It is the traditional homelands of the Michi Saagiig (Mississauga Anishinaabeg) and Chippewa Nations, and is in the territory covered by the Williams Treaties. One of the highest regions in the Canadian Shield, the area has always been known as ‘Gidaaki’ by the Anishinaabe, meaning “upwards earth” (‘gidaa’ meaning “upwards” and ‘ki’ meaning “earth”). The land has supported human activity for thousands of years, as territories for hunting, fishing, gathering and growing food.

Our camp, located in the Haliburton Forest and Wildlife Reserve, is not far from an ancient stone cairn submerged at the bottom of a nearby lake. It is thought that some ten thousand years ago, the stone structure would have been above water, marking the trails and hunting passageways used by a small band of early humans. The discovery of this ancient stone structure deepens the story of human activity and land stewardship in this area. We extend our deep gratitude to the generations of People – past and present – who have tended and stewarded these lands and waters since time immemorial.

Today, the area is home to many First Nations, Métis and Inuit peoples from across Turtle Island. We acknowledge the history and ongoing process of colonization, and recognize that in order to realize the promise and challenge of reconciliation, acknowledgement must be coupled with action. At the Pine Project, we are embarking on a journey of understanding and realizing our responsibility to reconciliation, including the Truth and Reconciliation Commission’s Principles of Reconciliation and Calls to Action. We seek to move forward with humility, respect, gratitude and meaningful relationship building.

*We respectfully acknowledge the many histories and several translations associated with the history of this land.

Welcome to the Pine Project!

The Pine Project is a Toronto-based charity that fosters confidence, competence, resilience, and connection to nature through transformative outdoor experiences for people of all ages. Our programs inspire a vital reconnection between people and nature, community, and oneself.

We work primarily with children and families in urban settings, delivering innovative year-round outdoor programming that blends hands-on learning, joyful exploration, and mentorship in the local natural environment. We support kids to grow into healthy, active, and resilient individuals who carry a love for the natural world throughout their lives.

A Place to Belong



We are deeply committed to creating a community where everyone belongs. As is true in nature, we believe that diversity is essential for a strong and vibrant community. We aim to include and celebrate the many facets that contribute to our human identity, including gender identity, race, ability, and sexual orientation. Our goal is to craft a culture where people are seen and acknowledged for their shared humanity as well as their unique individuality.

Our approach is grounded in acknowledgement of the long-standing and ongoing systems of racism, inequity, and injustice that prevent many from accessing and feeling welcome in the outdoors. We strive to promote inclusive policies and practices, including providing accommodations that promote equity and removing barriers to access wherever possible. Out at programs, you will see us living these values by acknowledging the original stewards of this land, inviting participants to share their pronouns and other affirming practices, using child-centred approaches to create space for all voices, and addressing any oppressive behaviours that arise.



Program Overview

Red Wolf Camp is all about learning to live in the wild. Campers and counsellors set out on a week-long adventure on the granite shield in the beautiful region of the Haliburton Highlands. These rolling hills are some of Ontario's highest points of elevation and are teeming with wildlife such as moose, wolves, otters, fishers and a diversity of birdlife. Campers will swim, canoe, hike, make fires by friction, cook over an open fire, play lots of games, meet new friends, sneak up on each other in natural forest camouflage, and more!

Below is a list of possible activities that your child will have the opportunity to experience during their time at camp. If they are really excited about something, we encourage them to talk to their counsellors and we'll try our best to incorporate it. Some of the common activities at camp include:

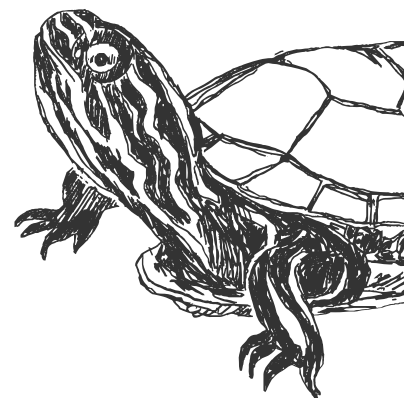
- Building and sleeping in shelters
- Archery & other target sports
- Camouflaging with natural materials
- Collecting and using wild edible plants
- Wildlife tracking and ecology
- Awareness challenges and games
- Navigation with maps, compasses, etc.
- Songs and storytelling
- Nighttime games & missions in the dark
- Star gazing
- Making fire by friction
- Creating fire pits and ovens out of rocks
- Cooking all meals over a camp-fire
- Wilderness living and survival skills
- Learning to paddle a canoe
- Crafting baskets with natural materials
- Quiet movement in the forest
- Group games and leadership development
- Overnight trips

While we encourage campers to try new things, our motto is always "challenge by choice" and we support campers in making decisions that they're excited about.

Flow of the day!

As the camp is guided by natural curiosity and the changing needs of the group, a schedule is rarely followed exactly, but the below gives you a good idea of an average day at camp.

7:00-9:30	Breakfast - Breakfast Crew prepares and serves breakfast
9:30-12:00	Morning adventure and activities
12:00-1:00	Lunch - Lunch Crew prepares and serves lunch.
1:00-2:00	Rest hour
2:00-5:00	Afternoon adventure, crafting, and skill development
5:00-7:00	Dinner - Dinner Crew prepares and serve dinner
7:00-9:00	Evening games and activities





Location

Red Wolf Camp takes place in the forest on the Haliburton Forest & Wildlife Reserve, where we swim, canoe, catch frogs and watch the sun set. Campers should be prepared to carry their gear (our staff team is there to help when needed).

Haliburton Forest & Wildlife Reserve is located about 30 minutes north of Haliburton and has operated in the area since the 1960s. Currently the land is managed as a sustainable forestry operation and they work with many local recreation and business groups in the area.

Campers will be dropped off at the parking lot located at 1095 Redkenn Rd, Dysart et al. (Also known as 'Base Camp').

After campers have been signed-in, Pine will provide transportation from the 'Base Camp' location to the campsites (~15 minute drive).

Please see the directions at the end of this Handbook.

Groups

At Red Wolf, campers are broken into smaller groups based primarily on age. These smaller groups are a team and support system for each other throughout the week – they live together at their campsite, support each other during activities and games, and build lasting friendships.

Families will be notified of their group assignment in the weeks leading up to camp. In the meantime, please be sure to submit the Friend Request Form. As always, we will do our best to accommodate friend requests, but we cannot make guarantees.

Drop-off and Registration

On Sunday, we'll meet in the parking lot (outlined in the map at the end of this handbook). Drop-off and Pick-up will both be staggered to accommodate shuttle buses and managing participants at Base Camp.

During Registration, please be ready to provide:

- Any medications that you have sent with your camper
- Any outstanding or additional information or paperwork for your camper

Groups 1 & 2:

Arrival: 1:00 PM (Health Check & Registration)

Groups 3, 4 & 5:

Arrival: 2:00 PM (Health Check & Registration)

Pick-up

Pick-up will operate similarly to drop off and will be staggered.

Groups 1 & 2:

Pickup is at 10:30am for both groups

Groups 3, 4 & 5:

Pickup is at 11:30am for both groups

For any campers attending more than one week of Red Wolf, they are welcome to stay with us at camp on the Saturday night between weeks 1 & 2 and weeks 3 & 4. Please note that there is no option to stay on the Saturday night between sessions 2 & 3.

****Please note that Drop-off and Pick-up times may change closer to camp. We will give families as much advanced notice as we can.**



Accommodation

In the true spirit of nature connection and resilience building, Red Wolf takes place entirely in the forest. We have no electricity, running water or permanent structures. By combining minimal modern equipment with ancient technology, we can live comfortably in balance with the land. – we have tents for sleeping, tarps for additional shelter, fires for cooking, and more. In the same way we connect with nature, we find connection with all members of our community essential. It is a core belief at Red Wolf that every camper - regardless of gender identity - has an opportunity to safely and joyfully experience the outdoors.

Generally, campers sleep in tents of three campers or more, organized by gender - based on a camper's identity, and not necessarily their sex assigned at birth. Non-Binary campers choose tenting where they feel the safest. All-gender tents may also be available at the request of caregivers - please contact our office if applicable. Camper tents are located in close proximity to one another and staff tents. All campsites also have single-occupancy private changing areas, providing opportunity to change privately when staying in tents.

We provide campers with many different options for sleeping - including large and small tents. We work alongside campers to ensure that everyone has a place to sleep that feels safe to them. This will be done, based on camper needs and inputs at the time of their arrival. If any campers or families have specific accommodation needs, please reach out to our team to discuss prior to camp or on arrival day.

Caregivers are invited to reach out to us with any questions regarding accommodations and our gender inclusion policies. We welcome and encourage questions regarding our safety protocols that are non-biased in nature. We are happy and excited to share any information you need to help you feel confident in our safety plans. However, we are unable to make changes to our policy based on feedback that is rooted in the assumption that transgender campers automatically make a space less safe.

Please note that we will always defer to the camper if they wish to use names or pronouns that differ from those used in registration and we will honor accommodation requests even if they differ from what is indicated by caregivers.





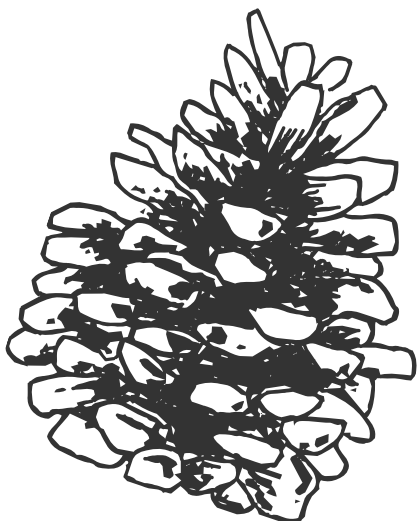
Food and Water

All food – meals and snacks – are included at Red Wolf. Campers will not need to bring any of their own food. We ask that you do not send extra snacks, as food can absolutely not be kept in tents, we carefully manage for anaphylactic allergies, and there is limited room in camp food barrels. (Exceptions may be made for participants with very special dietary needs – please call us at the office so we can plan appropriately.)

Camp is a NUT-FREE environment. Our counsellors are experienced in managing for allergies, and will do their best to accommodate all other dietary restrictions mentioned in campers' medical forms.

Drinking water is filtered onsite and made accessible to campers at all times. Campers are frequently reminded to stay hydrated while at camp, but it's also important that campers communicate their needs surrounding water with counsellors.

Please talk to your camper about the importance of staying hydrated and communicating their needs while at camp.



Bed Wetting Support

If your child is at risk of bed-wetting it is important that you let us know ahead of time so our staff can support them to manage this at camp. We also ask that you pack the following additional gear that will be kept on hand. Please hand this gear over to directors upon sign in on the first day.

1 extra duffle bag packed with:

- 1 extra sleeping bag,
- 2 absorbent blankets (terry cloth, flannel) to put under the sleeping bag,
- 3 pairs of pajamas,
- extra bed pads/pull-ups.

Please note that we do not have laundry facilities on site. Soiled clothing and bedding will be rinsed in the lake, dried, and sent home in need of a wash. For significant issues we may be able to travel to a nearby town for the use of a laundromat, if time permits.

Homesickness

Homesickness happens, and our counsellors are not only great at recognizing the signs of homesickness, but also at helping campers to overcome it. We help campers by empathizing with them and helping them understand that what they're feeling is normal. We encourage them to participate in camp activities, and come together as a group to help foster new friendships.

If a counsellor suspects that your camper may be feeling homesick, they'll keep a close eye on them to make sure that they're taking care of themselves and staying involved, and of course always lending an open ear.



Additional Support

We do our very best to provide a positive environment for all of our participants. If a child requires additional support beyond what was described upon registration, please reach out to our team. Elaborating as much as possible allows us to understand how best to support the needs of our campers.

While we may not be able to meet every participant's needs, we try our best to provide a wonderful experience for all.

Washrooms

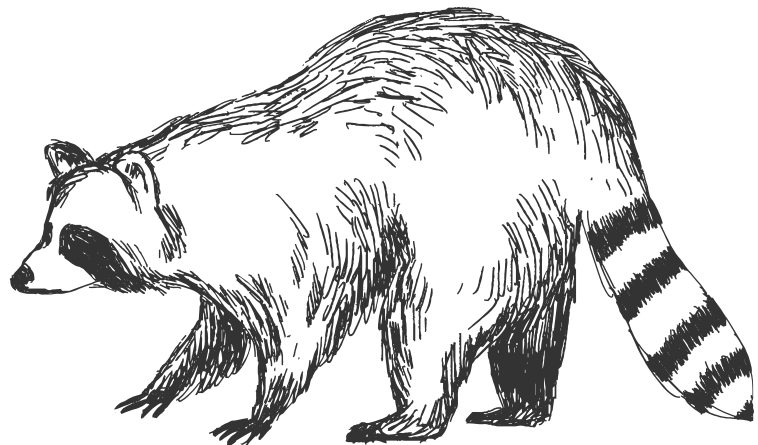
As it is a backcountry camp, we do not have access to washroom facilities. At the campsite, campers have access to a wilderness latrine, similar to what you might find in the backcountry in Algonquin. While out on daily adventures or excursions, campers learn to use a "leave no trace" method. If your child struggles with communicating their washroom needs, please let field staff know on the first day of camp.

We set up hand washing stations and are sure to remind all campers to practice safe hygiene. Hands are washed using soap and water before each meal and after using the bathroom. At other times, when soap and water are not available hand sanitizer will be used. Please contact us if you have any concerns regarding the use of sanitizer.

Swimming and Canoeing

Swimming and canoeing are big parts of our camp culture. It is important for campers to know we might not have time for this every day, but they will have opportunities throughout the week. Campers will always be supervised when swimming by counsellors with water safety certifications.

All campers are required to do a swim assessment at the beginning of camp to determine their swimming level. If they pass the assessment, they will be allowed to swim without a life jacket in designated swimming areas, unless caregivers request otherwise on their application form or at the time of drop off. If they do not pass the assessment, they will be required to wear a life jacket whenever they are in or near the water. All campers must wear a life jacket whenever they are in a canoe.



Health and Safety

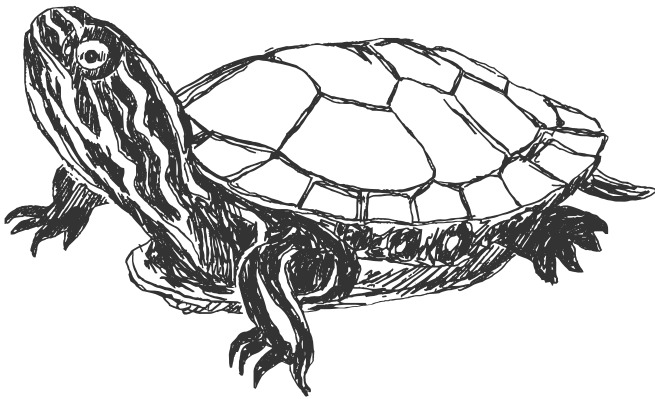
We're committed to providing a safe environment for participants, staff and families.

Before Camp Starts

Please do not bring your camper to camp if they are ill and/or have lice. We are unable to admit any camper who is ill and/or has head lice into our care.

We reserve the right to send a camper home due to suspected communicable disease and/or lice.

Any camper who shows signs and symptoms of Toronto's Common Communicable Diseases, or has been diagnosed with a communicable disease and is still within the infectious period, will not be admitted to camp. If you have any questions or concerns, please call the office.



Arrival at Camp/Transportation

As part of our Health Check* procedure, all campers will be screened upon arrival at the drop-off location.

Pine provided transportation will be staggered according to groups (see drop-off/pick-up information above).

*Health checks are a camp practice to ensure that kids are not arriving at camp with anything that could be spread throughout camp, i.e. contagious illness, lice, etc. In addition to the before camp symptom monitoring, we ask that caregivers check participants for lice before arriving at camp. We are unable to receive any participant with lice into camp. If a participant has lice, they may return to camp once the lice has been treated.

Illness

We will be monitoring participants for signs and symptoms of communicable illness throughout the week.

If a participant falls ill while at camp, they will be isolated from the rest of the group. Caregivers will be contacted to pickup their child. Please ensure that you've provided two emergency contacts who are able to be en route within 1 hour of being contacted, if needed.



Health and Safety

Medical Care at Camp

Camper health and safety is our top priority. All of our counsellors are Standard First Aid and CPR-C certified, and Camp Managers have Wilderness First Aid Certifications. Camp is located 30 minutes from the Hospital in Haliburton (Haliburton Highlands Health Services).

Our counsellors are experienced in managing minor injuries such as minor cuts, scrapes, or falls, and in practicing sound judgment concerning when a call home is required. Please don't expect a call home for every stubbed toe, but rest assured that in the event of a medical emergency or major health concern, we will contact you as soon as the situation permits. Please ensure that you have provided us with up-to-date contact information, as well as a minimum of two Emergency Contacts that we can contact in the event that we are unable to get ahold of you.

Campers will also be routinely checked-in on regarding their physical and mental health, with nightly "clinics" run by the counsellors. Camp Managers will help manage any ongoing concerns and will connect with caregivers in the event that they may need to be contacted.

Sun Safety

One of the Core Agreements at Red Wolf is to take care of yourself, and one of the most important ways for campers to take care of themselves while at camp is by practicing good Sun Safety! Campers will be reminded to wear their hats, apply (and reapply) sunscreen, and to seek shade from the sun throughout each week. We encourage you to discuss the importance of sun safety with your camper before they join us at Red Wolf. Please be sure to send your camper with enough sunscreen for the entire trip – we recommend SPF 30 or higher.

Personal Hygiene

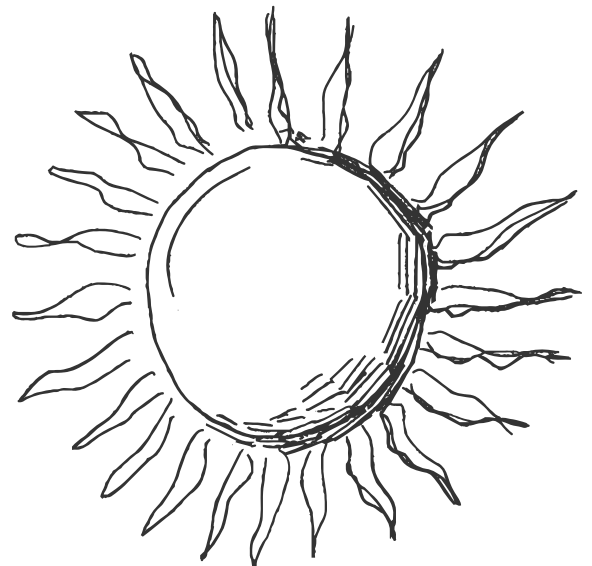
Regular self-cleaning:

There are no showers at camp, but luckily we have nature's bathtub – a beautiful lake! We expect campers to go swimming (or at least go into the lake) to clean off regularly while at camp. If they have a fear of water or can't swim well, counsellors will support them with lifejackets and instructions on how to be safe in shallow water. This is part of a simple culture of clean living in the wilderness. We intentionally won't have hot water, showers, or many of the luxuries of everyday living.

Please have a conversation with your camper about the importance of keeping clean – you can refer to one of our core agreements, to take care of yourself. If your camper tends to resist water, swimming, or washing, please let counsellors know and provide suggested strategies on how to best work with your camper.

Hand washing:

We set up hand washing stations and are sure to remind all campers to practice safe hygiene. Hands are washed using soap and water before each meal and after using the bathroom. At other times, when soap and water are not available hand sanitizer may be used.



Health & Safety



Managing Risk in the Woods

Challenges have always created resilient human beings. We are hardwired to take risks - it's in our genetic blueprint. Taking on small, measured risks allows children to learn boundaries and experience natural consequences.

We won't avoid all risks. We teach campers to manage them and build skills to make good decisions, whether the risk is cooking over a fire or navigating social pressures.

At camp, campers may get wet and covered head to toe in muck and dirt. They may also have the opportunity to practice skills such as starting fires and carving, with support and supervision by our experienced counsellors. All of these activities will be introduced in a progressive manner and counsellors are always operating in the safest way possible to ensure that your camper learns and grows while staying safe.



Being Outdoors in All Weather

At the Pine Project, we believe that meaningful outdoor experiences happen in all seasons and all kinds of weather. Our programs are designed to help participants build comfort, confidence, and resilience in nature — rain or shine.

Safety is always our top priority. Because we operate at Haliburton Forest and Wildlife Reserve with limited access to indoor program space, our teams plan carefully for weather variation. We have comprehensive safety plans in place, and staff are trained to assess conditions and manage risk in real time. Our approach focuses on identifying, evaluating, and reducing risk by implementing thoughtful mitigation strategies and modifications. Programs run as scheduled whenever possible to minimize disruption for families, and modifications may include:

- **Air quality:** When the Air Quality Health Index is high, public health recommends reducing or avoiding strenuous activities outdoors. We focus on quiet, low-intensity alternatives such as crafts, support mask use if desired, and monitor for symptoms.
- **Extreme heat:** We reduce physical activity, prioritize shaded and cooler locations, encourage frequent rest and hydration, and monitor for signs of heat exhaustion or dehydration.
- **High winds:** We modify programs by choosing areas that are open or have overhead shelter to avoid risk of falling branches, falling trees, and blowing debris.
- **Thunderstorms:** We move groups away from tall trees, open areas, and bodies of water, and take shelter under covered areas in the park or tarps in low, dry areas.
- **Heavy rain or flooding:** We avoid low-lying areas, use well-drained tarp sites, move to higher ground when needed, and have simple alternate exit routes if water blocks regular paths.

Dressing appropriately is an important part of managing risk outdoors. Families help keep participants safe by ensuring they're prepared for the weather

We understand that some caregivers may decide not to participate in programs due to weather, and we encourage families to make decisions that feel right for them. We are unable to offer credits or refunds if your child does not participate. In rare cases where environmental hazards cannot be managed safely, the Pine Project may cancel or shorten a session. Because conditions can change quickly, cancellation decisions are sometimes made close to program time and not solely based on forecasts. Families will be informed by email and text (if opted-in) and, if necessary, phone call.

If you have any questions or would like to learn more about our safety and risk management practices, please reach out to our office team.

Health and Safety

Ticks

As with any location in Ontario, ticks may be present at Red Wolf Camp. We do our best to teach tick awareness in a positive and clear way. We will have a private tick-check station with mirrors, and children will be supported to check for ticks every day. It is critical to make sure that children know how important it is to thoroughly check their bodies and to feel comfortable asking for assistance from a staff. Please prepare your child to ask for help if they need it. They must ask for help from staff and have the suspected tick confirmed.

If we find a tick embedded in your child's skin, we will contact you as soon as the situation permits. In remote locations, staff will make the safest decision possible based upon the context.

We suggest that you inform yourself on ticks and how to prevent and check for them by reading the information sheet from the Ontario Government at: <https://www.ontario.ca/page/lyme-disease>.

Carving

At camp, many participants will have the opportunity to practice skills like carving or sawing, with support and supervision by our experienced instructors. With that being said, the responsibility of using carving tools also comes with the possibility of injury. All of these activities will be introduced in a progressive manner to ensure that your participant learns and grows while staying safe.

Tools Storage at Camp

Campers are invited to bring tools to Red Wolf. To ensure their safe storage and management at camp, staff collect carving tools at the beginning of the session until the group can review the proper carving techniques and safety rules.

All personal tools brought by campers will be kept in a common area during the day and locked in lockboxes when not in use and at night. Campers will always be supervised when using carving tools.



Health & Safety

Supplemental Forms

In order to ensure a happy, healthy program culture we need to collect some important information from all families. Caregivers, please ensure that you fill out the following supplemental forms as they apply to your child. Please note that there will be no hardcopy forms available for you to complete at camp.

- ☐ Anaphylaxis Emergency Plan (Mandatory for any participant with a known anaphylactic allergy)
- ☐ Permission to Administer Medication Form (Mandatory for any participant taking medication at program)
- ☐ Immunization Record (Immunization is not required for camp. Please submit your camper's records if they are immunized)
- ☐ Pick-up Authorization Form (optional)
- ☐ Friend Request Form (optional) Our intention is to honour any friend requests, but we cannot make any guarantees.



All supplemental forms must be submitted at least 2 weeks before the start of program.

Allergies

If the participant has any anaphylactic (life-threatening) allergies, please complete the Anaphylaxis Emergency Plan Form, available in the online registration system.

Please provide two epipens for your child, as well as a pouch/fanny pack so your child can carry one epipen with them at all times.

Please let your instructors know if your child suffers from seasonal allergies.



Medications

If your camper requires medications at camp, you must complete a Permission to Administer Medication Form, available on the online registration system.

Please provide enough medication for the session, and ensure all medication is sent in the original container or pharmacy-issued blister pack. Non-prescription medications must also be in the original container with proper labeling.

All medications must be turned over to the Camp Manager upon arrival. Counsellors and Camp Managers will create a schedule with your camper for any daily medication and ensure safe storage of all medications sent to camp.

Preparing for Camp

Helping Children Succeed at Camp

Setting children up for success at overnight camp matters because the experience is about more than one week away from home. It is a chance to practice independence, courage, responsibility, flexibility, and resilience in a caring community. When families and camp staff work together with shared expectations, children are more likely to feel capable, try new things, work through hard moments, and carry those lessons into friendships, school, family life, and future challenges.

These are outcomes both families and camp staff want for children, which is why preparation matters.

Include Them in Camp Preparation

Involve your child in packing, organizing gear, and talking through daily life at camp. Have them help choose clothing, find their flashlight, pack toiletries, and learn where important items are stored. Preparation builds independence before they even arrive. When children know what they brought and how to care for it, they feel more capable managing belongings, hygiene, routines, and responsibilities at camp and beyond.

Help Them Feel Excited and Capable

Speak positively about the experience ahead. Share excitement about activities, friendships, time outdoors, and the independence they will experience. Let them know that feeling nervous is normal, especially before trying something new.

Children take emotional cues from trusted adults. When caregivers communicate confidence — “You can do this, and there will be people there to help you” — children are more likely to believe in their ability to handle unfamiliar situations.

Use Encouraging Messaging

Frame challenges as something your child can work through with support. Helpful phrases include:

- “It’s okay if camp feels hard at first.”
- “Your instructors are there to help you.”
- “Give yourself time to settle in.”
- “Feeling homesick is normal.”
- “You can do hard things.”
- “We’re excited to hear all about it when you get home.”

The words children hear before camp shape how they respond when things feel difficult. Encouraging, confident messaging helps them see discomfort as temporary and manageable.

Phrases such as “If you don’t like it, we’ll come pick you up,” “You can always call home,” or “If you’re upset, just tell your counsellor you want to leave” unintentionally work against our shared goals. They cause children to focus on the exit being offered, rather than the friendships, activities, support, and possibilities around them. They can also make it harder for staff to help children settle in, engage with the group, and discover they can work through hard moments.

Preparing for Camp

Set Clear Expectations Around Communication

Let your child know that camp is a break from phones and regular contact with home. Staff closely monitor everyone's well-being, and children will be safe and well cared for. If a significant concern arises, we will contact families by phone, email, or both. Safety is always our first priority.

This approach is based on experience. It's likely part of why you chose Pine. Engaging fully in camp life helps children build trust in their instructors, peers, routines, and themselves. The first 24–48 hours are often when homesickness or uncertainty is strongest, but many children settle once immersed in friendships, activities, and daily rhythms.

Talk Openly About Homesickness

Normalize homesickness before camp begins. Let your child know that missing home can happen and just means you love your family and your home. That's a good thing! Encourage them to talk to instructors, join activities, stay close to the group, and give themselves time.

Small challenges are powerful practice grounds. When children work through homesickness, uncertainty, conflict, or disappointment with caring support, they build confidence for hard moments in other parts of life too.

Go Over the Core Agreements Together

Before camp, review the Core Agreements: taking care of ourselves, taking care of each other, and taking care of the natural world. This helps children understand that camp is a shared community where everyone has a role.

Clear expectations build confidence. When children understand how their choices affect themselves and the group, they are better prepared to build friendships, contribute positively, and practice responsibility far beyond camp.



What to Bring Checklist

Red Wolf camp is about learning to create more, and work with less. Packing lightly means thinking about what we need versus what we want. Campers should be able to fit ALL items in two bags: one 30-40L dry bag and one small backpack. Too much gear takes up precious space in tents.

Please keep in mind that clothing is likely to get dirty and occasionally even ripped or lost – so please select accordingly and label everything with your child's full name!

From our experience, we believe this list works well and is all campers need:

Clothing

- 4 T-shirts
- 1 long-sleeve shirt
- 2 sweatshirts / sweaters (wool is preferred, 1 with a hood)
- Long underwear top and bottom
- 3 pairs of pants
- 1 or 2 pairs of shorts
- 1 pair of pyjamas
- 1 or 2 bathing suits
- 7 pairs of underwear
- Socks – enough for the week, include a couple pairs of heavy wool socks
- 1 sun hat and toque
- 1 rain suit (rain jacket + rain pants)
- 1 pair of sandals that can get wet
- 1 pair of running/hiking shoes
- 1 towel (shammy style camp towels are recommended)

*Consider camouflage colours for sneaking activities

* If your camper is joining us for 2 weeks, consider bringing 1.5 times the amount of clothing

Bedding

- Sleeping bag and sleeping pad
- Pillow and pillow case (optional)
- Blanket and other bedding as desired

Optional Items

- Books
- Camera in waterproof case
- Musical instrument
- Binoculars

*Please only bring items that can sustain the wear and tear of camping

Equipment

- 30-40L dry bag (optional)
- Headlamp and batteries
- PFD/Lifejacket (recommened)
- Durable water bottle (at least 1 litre)
- Fixed blade knife – We use the MoraKniv carving tool, but any fixed blade knife should work! Please have your knife inspected by a staff member.
- Bug jacket or head net for bugs
- Writing supplies (pen, journal)
- Camp cutlery, bowl, plate, cup
- Whistle

Toiletries

- Toothbrush and eco-friendly toothpaste
- Sunscreen (SPF 30 or greater)
- Mosquito repellent – no aerosol cans
- Biodegradable soap and shampoo
- Comb / hairbrush

* Please **DO NOT** bring:

Any expensive personal belongings or electronic devices such as cell phones and music-playing devices. Red Wolf camp offers a unique opportunity for kids to unplug for an entire week and there is no electricity at camp. Cell phones and other electronic devices found will be confiscated and returned on departure day.



Behaviour & Expectations

Creating a Safe and Welcoming Environment

We're committed to living our values of diversity, equity, inclusion and justice. It's important that all people at programs feel included, safe and free from discrimination. Any language or behaviour intended to make participants or staff feel unwelcome or uncomfortable based on identity or ability will not be tolerated, and may lead to the participant being asked to leave programs.

As always, we are committed to maintaining a safe and positive learning environment for participants and staff. Our programs aim to provide space and freedom to explore and learn, supported by clear agreements and expectations for participant behaviour.

Campers and counsellors share responsibility for maintaining a positive environment. To ensure everyone's health and safety at program, we are asking that participants honour some basic agreements and are outlining stricter consequences for behaviour that threatens the health and safety of others.

These agreements will be discussed with campers on their first day of camp and revisited frequently throughout the week. We encourage you to review these agreements with your camper.

Our core agreements: Take care of 1) Self, 2) Others, 3) Nature.

Take care of yourself:

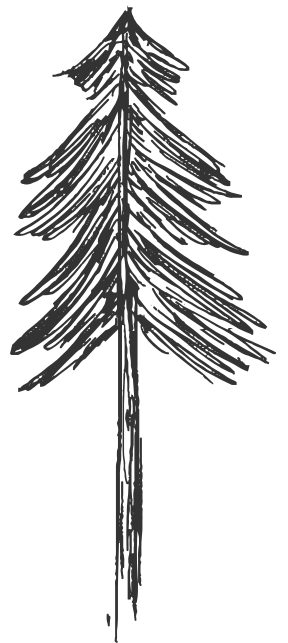
- ☐ Letting staff know if you have a physical need (eg. washroom, feeling sick, thirsty)
- ☐ Letting staff know if something is bothering you
- ☐ Listen to and follow the instructions of counsellors - they are there to keep you safe
- ☐ Practicing healthy personal hygiene, such as sneezing or coughing into their arm
- ☐ Try your best and try new things (challenge by choice)
- ☐ Caring for your own personal needs, such as eating, staying hydrated, changing wet socks (with verbal help and encouragement from staff)

Take care of others:

- ☐ Be helpful!
- ☐ Respect others' emotional and physical boundaries
- ☐ Bullying, discrimination, or engaging in physical conflict will not be tolerated

Take care of nature:

- ☐ Respect our natural surroundings
- ☐ Don't hurt or damage the flora and fauna



See the next page for ways that campers can help meet these agreements.

Behaviour & Expectations

Supporting participants as they learn to adopt our core agreements and expectations is a priority for our counsellors. It is our intention to work with caregivers and participants to address behaviour challenges as they arise. This may involve working with the caregiver and participant to discuss strategies, establish specific behavioural expectations, and set consequences when expectations are broken. In more serious circumstances, the camper may be asked to leave the program if the behaviour is putting themselves or others at risk.

In addition to the Core Agreements, campers will be asked to agree to the following:

Please review the following agreements with your camper.

I promise to:

1. Treat everyone with respect
2. Not make fun of or be rude to other camp members or counsellors
3. Respect nature and not damage it
4. Not harvest more of a natural material than I need for my projects
5. Listen to and respect rules made by the counsellors
6. Help collect and cut firewood every day until we have enough (determined by camp counsellors)
7. Help with camp chores every day, such as cooking, cleaning and making things for camp
8. Brush my teeth every day
9. Keep myself and any cuts I get clean (with help from camp counsellors)
10. Check my body for ticks twice a day
11. Keep my body clean by swimming or wading in the lake at least 3 times during the week
12. Help skin and clean fish if I catch any
13. Do my best to be positive when tired or feeling challenged
14. Let counsellors know if something is bothering me
15. Learn new skills
16. Have fun
17. Do my best

I understand that:

1. Most of the time camping is lots of fun!
2. Sometimes camping is hard work and everyone must pitch in.
3. Camp chores such as cleaning and firewood come before games and activities. If we do chores right away and quickly, we will have lots of time to explore, learn and have fun.
4. We will have time to canoe, swim and fish, but may not have an opportunity to do so every day or exactly when I want to.



Behaviour & Expectations

We recognize that each situation is unique. In the event that your camper breaks one of our Red Wolf Camp Rules, we always aim to come from a place of trust. We prioritize communication with both the camper and the caregivers to explore the details of the situation, and follow up appropriately. But in the event that a Camp Rule has been broken, here are some of the possible consequences you can expect:

Camp Rule

Consequences if Broken

Alcohol & Drugs

Campers are not permitted to possess, use or be under the influence of alcohol, tobacco, cannabis or any illegal drugs while at Red Wolf Camp.

Any camper found to be in violation of this policy will be immediately dismissed from camp. In the case of dismissal, no refund will be provided.

Bullying

One of the core agreements at Pine is to take care of others, and a large part of taking care of one another is respecting one another. We understand that children can disagree, but we teach and model appropriate ways of resolving misunderstandings or disputes. We distinguish between conflict and bullying, and always strive to fully understand a situation before making a judgment. However, clear bullying, intimidation, discrimination or emotional/physical harm to any camper or counsellor is not tolerated.

In the event that your camper is part of a conflict, counsellors will work with them and the other participant(s) involved to get a clearer idea of the situation. If it's found that your camper was participating in any form of bullying, they will be given a clear warning and asked to review Pine's 3 Core Agreements. If the bullying behavior persists, we will contact caregivers, and it may result in possible dismissal from camp.

Electronics Policy – Screen-free camp

Red Wolf camp offers a unique opportunity for kids to unplug for an entire week and build connections with themselves, fellow campers, and nature. Electronic devices pose a distraction and prevent campers from getting the most out of their time at Red Wolf. Camp is a time to be social and engage with our surroundings. Since Red Wolf is a backcountry camp, there's no electricity to charge these items anyway! Electronic devices such as cell phones, iPods, tablets, game devices or any other items requiring electricity are not allowed at Red Wolf.

If found, these items will be confiscated and returned on departure day. Thanks for supporting your camper's growth!

Communication

Communication at Camp - What Caregivers Can Expect

It doesn't matter whether it's your camper's first time away or they leave every summer, it's normal to feel nervous before coming to camp. Our counsellors are experienced in handling a wide range of situations, whether it's homesickness or a stubbed toe. We ask that you put your trust in us to not only take great care of your camper, but to also practice sound judgment around when it's time to get you involved.

No news is good news!

We generally only call home if a serious issue arises. That being said, if you have a missed call from us please don't be alarmed! Sometimes we reach out if we need clarification on administrative details. Our counsellors will always leave a detailed message about the reason for our call. In the event of an emergency, we will contact you as soon as the situation permits. If we are unable to reach you, we will attempt to contact the Emergency Contacts that you provided.

We ask that caregivers only contact us in the event of an emergency. Please contact the Pine office.

If you try to contact us and aren't able to reach us right away, please don't panic! It means that our team is busy making sure your camper is having the best camp experience possible.

Please don't expect to hear from your camper during their time at camp. The independence gained from staying away from home for an entire week is one of the greatest experiences that camp offers, and it can be disruptive for a camper to hear a parent's voice when settling into camp.

For all inquiries before and during camp, please contact our administrative team:

Contact us by phone:

(416) 792 2772

Contact us by email:

info@pineproject.org

For any after hours emergencies while your child is at camp, please call (437) 771-2122

Providing Feedback

We value respectful, constructive communication and believe it is the foundation for resolving concerns and supporting a positive camp experience for everyone. We are committed to listening and working collaboratively with families when challenges arise. If you have a question or concern about your child's experience, we ask that you:

1. Reach out to the team at the Pine office. Let them know you have some feedback you'd like to share, and ask when a good time would be to share it. They will bring the feedback to their team for discussion.
2. Ask lots of questions and be curious about the issue. Find out as much as you can before forming a conclusion or judgment.

We welcome feedback shared in a respectful and solution-oriented way. Communication that is abusive, threatening, or discriminatory toward staff or community members will not be tolerated.

Life After Red Wolf

Supporting Nature Connection Beyond Camp

As caregivers, you can help to integrate a connection to nature into your family's life beyond camp, by working with your children in the following ways:

- **Support your camper to continue with some of the routines they've learned at camp.** Help them to find a 'sit spot' nearby where they can observe nature.
- **Encourage your camper to keep a nature journal** and to tell you stories about what they've seen in nature that day.
- **Be inquisitive:** Ask them simple questions about their experiences in nature to challenge them to uncover mysteries and become more observant. For example: What colours were the feathers on that bird you saw? Did you see the tracks that creature had? Where do you think it lives?
- **Be playful!** One of the best ways to foster a long-lasting connection with nature for your children is to model it yourself - and what better way to do so than to play in nature with your camper?
- **Help your camper draw lessons from some of the challenges they faced.** If they cried because they missed you, let them know how proud you are of them for sticking it out and how much they have grown. If they complain about how challenging or hard something might have been, ask what they learned from it and if it made them stronger and better as a person. Did they learn the value of hard work, compassion and forgiveness? Did they make a mistake that they won't make again? Maybe they have developed a new appreciation for how easy modern life can be and for all the gifts they have in their life.

Lost & Found

The Pine Project does not take responsibility for any lost or damaged items. We strongly recommend that you label everything that campers bring to camp – clothing, dishware, bedding, everything! After the final week of camp in early September, we will contact anyone with labeled items to arrange a pick-up. If you believe a camper lost an item, please reach out to our office team at info@pineproject.org. We will keep all unlabeled items for two weeks after the final week of camp. After that time, all unclaimed items will be donated to charity.

Staying Involved

If your camper is enjoying our programs, Pine offers additional opportunities for kids to continue their nature connection journey:

- **Summer Day Camp** - Week-long programs in Toronto parks for ages 4–16
- **Outdoor School** – Year-round programs in parks and ravines in Toronto
- **March Break Day Camp** – Week-long camp in Toronto parks for ages 4–13

To learn more visit pineproject.org or contact our team at info@pineproject.org.

Cancellation & Refund Policies

Cancellation policy for Red Wolf Overnight Camp & Wayfinder 2026:

A deposit of \$300 is required for each session registration. This is a non-refundable administration fee.

A full refund, less the \$300 non-refundable administration fee/session/person, will be issued to any cancellation made prior to April 15th.

No refunds will be issued for cancellations made after April 15th.

Behaviour : Campers are expected to honour the Pine Project's Code of Conduct. We reserve the right to dismiss a camper whose behaviour is out of line with this Code of Conduct in a way that puts themselves or others at risk. The camper will need to be picked up and no refund will be issued for dismissals.

Weather : Red Wolf and Wayfinder camps runs fully outside in rain or shine; therefore, we don't provide refunds or credits due to weather. All children should come to camp with weather-appropriate clothing and related gear. In the event that extreme weather jeopardizes the health and safety of participants and staff, the Pine Project may choose to cancel camp or move participants to an emergency indoor location. No refunds will be issued.

Circumstances beyond our control/force majeure: The Pine Project will determine whether a refund is warranted.

The Pine Project reserves the right to cancel or change a camp session due to low enrolment. A full refund will be issued.

All cancellations must be requested in writing by emailing info@pineproject.org.

We recognize that extenuating circumstances exist. For cancellations due to medical illnesses, or for any other compassionate reason, please apply in writing to info@pineproject.org. If the reason is medical- or illness-related please include official documentation.



Directions

Haliburton Forest & Wildlife Reserve

1095 Redkenn Rd, Dysart et al.

45.2227761,-78.5917869

Haliburton Forest & Wildlife Reserve is located about 30 minutes North of the town of Haliburton.

If you are coming East of Haliburton, follow through the town of Haliburton along Highway 118 until you get to Highway 7. Follow Highway 7 North to Redkenn Road. Turn right onto Redkenn Road and the parking lot will be on your left.

If you are coming from the West along Highway 118, take a right on Highway 7 going North. Follow Highway 7 North to Redkenn Road. Turn right onto Redkenn Road and the parking lot will be on your left.

Campers will be dropped off at the parking lot located at 1095 Redkenn Rd, Dysart et al.

