



## **TECK OKANAGAN REGIONAL FALL DRYLAND CAMP 2015 - CAMP NOTICE**

**HOST CLUB:** Sovereign Lake Nordic Club

**DATES:** 6pm Friday September 5<sup>th</sup> – 1pm Sunday September 7<sup>th</sup> 2014

**ELIGIBILITY:** Okanagan Region Skiers Born 2001-2006

**LOCATION:** Vernon, B.C.

**DIRECTIONS:** Ellison Provincial Park, Vernon will be our “base”.

**REGIONAL COACH:** Adam Elliot ([coachadam@telemarkracers.org](mailto:coachadam@telemarkracers.org))

**CAMP COORDINATOR:** Darren Derochie ([coach@sovereignlake.com](mailto:coach@sovereignlake.com))

**CAMP BEGINS:** 6:00pm Friday, September 11<sup>th</sup> at Ellison Provincial Park:

\* Arrive by 5:30 to set up your tents/RV/campsite.

\* Camp activities will begin right at 6:00 – convene at the playground

\* Meals will **NOT** be provided at this camp and there will **NOT** be time to prepare/eat your supper once you arrive - eat prior to arriving at the camp.

**CAMP ENDS:** 1:00 pm Sunday, September 13<sup>th</sup>.

The camp has a full participation policy and participants are asked to stay through the entire camp unless they have made prior arrangements with the camp coordinator.

**REGISTRATION:** Will be open Monday, August 10<sup>th</sup> online via zone4.ca – an email notice will be sent out to club coaches with the link once it is available.

**REGISTRATION DEADLINE:** Sunday, August 30<sup>th</sup> or when camp is full.

**CAMP FEE:** \$20.00. + *Camping Fees and food/meals are NOT included.*

The camp fee covers the Host Club’s incidental costs and includes Zone 4 and credit card processing fees. You are responsible for all your own food & meal preparation.

***Read on...***

## **NB : PLEASE THOROUGHLY READ THE FOLLOWING RE CAMPING & FOOD !**

### **CAMPING**

1. You **do NOT need to reserve a campsite for yourself** as a site(s) will be assigned and reserved for you based on the registration confirmation list.
2. You **WILL** need to make your own arrangements for sharing your campsite, if you wish to do so. But, this will not need to be done at time of registration for camp [unless you wait until the last day to register!]. It **WILL** need to be communicated to the Camp Coordinator no later than Aug 30th . Details regarding how to do this will be sent out soon.
3. Up to **2 tents** and **8 people max** allowed per campsite.
4. Up to **1RV or trailer/site** and **8 people max** allowed per campsite.
5. Up to **2 vehicles/site** allowed. Additional vehicles to be parked in day parking.
6. **All sites cost \$32/night**, regardless of number of people – **cash only !**
7. There are flush toilets and a limited # number of showers in the campground

### **FOOD/MEALS:**

- NO MEALS OR FOOD WILL BE PROVIDED FOR THIS CAMP – PLEASE BRING ALL YOUR OWN FOOD (INCLUDING SNACKS), COOKWARE, DISHES AND UTENSILS FOR THE CAMP AND BE READY TO PREPARE YOUR OWN FOOD ON YOUR OWN CAMPSITE.
- YOU WILL NEED TO BRING A CAMP STOVE(S) AND FUEL
- Fire pits are located on each site BUT CAMPFIRE BANS MAY STILL BE IN EFFECT
- Sufficient (extra) time will be scheduled for meals prep & clean up
- **BRING ENOUGH FOOD!** (no time is allotted for anyone to do grocery runs)

### **WHAT TO BRING:**

- B.C. Care Card/ Medical number
- **Cash for campsite fees – Parks does not take cheque or credit.**
- ALL food, including snacks, drinks and sport drink for entire weekend
- Cook stove(s), cooking & eating utensils
- Tent (including plastic ground sheet & rain-fly in case it rains) / trailer / RV
- Sleeping PAD, sleeping bag and pillow
- Thin, long rope for clothesline on your campsite
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, deodorant, etc)
- Sunscreen and lip balm with sunblock
- Towels (suggest bringing two – one for shower and one for beach)

- Bathing Suit
- Rain Jacket
- Warm jacket or light puffy for hanging around outside in the evenings.
- Training clothes for very hot through to cold miserable weather.
- Long underwear – for Sleeping as well as for hanging around campsite in.
- Socks (lots of extra socks in case of wet weather).
- Shorts / pants / sweatshirt/ t-shirt (casual clothes).
- Hats (baseball cap and toque)
- Gloves.
- Small daypack suitable for hiking.
- Running shoes (2 pair if possible)
- Rollerski equipment (rollerskis, poles, skate boots, helmets, reflective vests)

**\*Reflective vests and helmets are MANDATORY** for roller ski sessions. You will not be allowed to participate in roller ski sessions if you do not have them.

- Ski striding poles (10-15 cm shorter than regular classic poles)
- Heart rate monitor (if you have one)
- Water bottles (2) **and carrier**
- Head lamp w extra batteries
- Positive attitude and lots of enthusiasm!!!

**CAMP EXTRAS:**

- **Please notify camp coordinator of any allergies or relevant medical conditions**
- Please leave tablets and laptops at home!