

Helpful Tips For Camper Parents



Mail - Yes, campers look forward to receiving mail!

Due to our location, it may take more than a week to receive mail. *We recommend sending letters the week before your camper arrives at camp or drop mail off on arrival day* and we will distribute it during the week.

We encourage campers to send mail too. Be sure to pack stamps and envelopes (pre-addressed/stamped envelopes are a great idea for the younger campers).

Letters/cards only. *No parcels (or letters) with enclosed treats please!*

Email - We do not have access to the internet at camp.

If you have been using email to communicate with us at the camp office, please be aware that during the summer months (July/August) it's back to the basics . . . telephone and regular mail.

The camp director can be reached at 705-687- 2912. If you reach the answering machine, please leave a message.

We check for messages frequently during the day and will return your call.

Homesickness - This is a very normal reaction to being away from the comforts and routines of family life. Many campers experience some degree of homesickness, usually quite mild. It is not only restricted to younger campers but also older campers as well. *There are a few things that you can do to help:*

- Talk about the question of homesickness before camp, mention it in a positive way, ie. that it is normal, reassure them that with the help of the staff, you are confident they will be able to cope with it.
- Send along a familiar source of security, ie. blanket, stuffed animal, pictures.
- When you write your letters to your camper, make sure you do not stress how much you miss them but rather make your letter positive with specific questions about their cabin mates, friends, and activities.
- Don't tell your child that she can call and come home if she doesn't like it. Children who are told this have an extremely hard time getting over their homesickness and fun and independence are rarely gained.
- Be positive in your message. ie. Do not say before they leave, "I don't know what I'll do without you". But rather reinforce how proud you are of them attending camp and will look forward to hearing about it soon.
- Be sure to speak to the camp director about any concerns at any time

More Information regarding . . .

Camper Health / Rest: The camp routine is physically demanding. Be sure your daughter is in the best shape to have a great week by arriving well-rested and healthy. For sure, those few nights before camp are not the time to have a sleepover!

Clothing: Send comfortable well-worn items. We advise against designer-type clothing or anything of great value. Ryde is a down-to-earth, non-competitive environment where the norm is sweats, t-shirts, shorts/jeans.

Camera: A disposable or inexpensive camera is best. A camera that experiences a drop on the Muskoka rock is usually damaged beyond repair. Save a lot of disappointment . . . and be sure to label the camera with your camper's name.

Rainwear: **Raincoat/poncho, rubber boots/"duckies" are absolutely essential.** Rain or shine camp goes on!

Footwear: Sturdy, closed-toe shoes are needed for hiking and active games, etc. Sturdy sandals can be used for general wear but be advised that flip-flop type sandals are allowed only for walking to the waterfront.

Sleepgear: Send along a warm blanket in addition to a sleeping bag - summer nights in Muskoka can be cool.

Sunhat, plastic cup for toothbrushing, water bottle: be sure to pack these items too!

Food/Treats are not allowed in the cabins . . . and for some very good reasons: it attracts critters (large and small), can create competition and exclusion, and spoils appetites. Campers are provided with hearty meals, snacks and daily tuck (treats from our camp "store").

Electronics: This includes CD players, walkmans, radios, gameboys, cell phones, ipods, hairdryers, etc.

Camp is about simplicity and enjoyment without all the high-tech gadgets of city life.

Electrical devices are just not part of the Ryde experience.

Parents, we appreciate your support in ensuring campers do not bring food, treats, and electronic items to camp.

Questions/Concerns?

Contact Fran Sugawara, Camp Director at: 705-689-3727 or rydelakecamp@rogers.com