



YMCA of Greater Vancouver Outdoor Education Program

Dear YMCA Outdoor Education Participants,

We would like to inform you of luggage handling procedures at YMCA Camp Elphinstone. Due to the widespread issue of bed bugs in the Lower Mainland, all bags and personal belongings arriving at YMCA Camp Elphinstone must pass through a heat treatment process, which eliminates the concern of bed bugs spreading to our facilities or your home. Our specially constructed heat treatment room heats bags to 125 degrees (about the temperature of a clothes dryer) which ensures that any bed bugs and/or eggs that may be contained within participants' belongings are killed prior to moving into cabins.

Although the heat treatment is safe for most items, a few items should not pass through the heat treatment room as it may cause damage. Items that should not be heated are:

- Plastics, such as toiletries and cosmetics
- Cameras and any other electronics (should be left at home)
- Medicines
- Aerosols
- Food, including pop cans
- Candles and wax
- Photographs

Some care will need to be taken when packing, to ensure luggage is prepared for the heat treatment process. All items that should not be heated must be packed in a zip-lock bag and placed at the top of the luggage so it may be removed prior to treatment. Please ensure zip-lock bags are well labelled with the participant's name and group name. Zip-lock bags will be placed in bins and redistributed to campers at the time they collect their treated luggage.

If you have any questions regarding these procedures contact us at camp.elphinstone@gv.ymca.ca or 1-604-886-2025. We appreciate your support in this matter.

Sincerely,

Lisa Stiver
General Manager, Sea to Sky Region



YMCA Camp Elphinstone

Getting ready for camp

The following list is a guide to help prepare for your upcoming experience at YMCA Camp Elphinstone. Please try to keep baggage to a minimum. It is important to note the use of hockey bags or large duffel bag and suitcases are not necessary for trips up to a week in length. As well, bags need not weigh more than 18 kg (50lb) for a trip of this length if only the required items are brought.

What to pack:

- Sleeping bag
- Pillow (optional)
- Toiletries (such as toothbrush, toothpaste, face cloth, soap, deodorant and shampoo)
- Bath towel
- Flashlight
- Laundry or garbage bags for dirty laundry
- Reusable water bottle
- Camera and insect repellent (optional items)
- School supplies if required by teachers (e.g. exercise books, pencils, etc.)
- Complete change of clothes that suits the length and weather of your stay (see below)

What to wear: Be sure to check the weather before packing for camp and pack clothes that you can be active in. Ex: Jeans can really slow down the ability to participate in many activities once they are wet. Avoid cotton if possible; synthetic materials and wool are best for outdoor activities.

- Pants
- Shorts
- T-shirts
- Sweater or warm jacket
- Rain gear (an inexpensive poncho works great!)
- Bathing suit and towel (if participating in waterfront activities)
- Sturdy shoes: sneakers or light hikers are best (new footwear just for camp is not necessary)
- Extra shoes or rubber boots (if rain is forecasted)
- Sandals (for waterfront activities)
- Pyjamas
- Socks and underwear
- Sun hat and sunscreen (weather pending)

Please Do Not Bring the Following Items: Camp Elphinstone will not be held responsible for lost or damaged items. Items listed will be removed for animal/human safety and security reasons.

- Knives or other weapons/pocket tools
- Money or other valuables
- Any electronics: iPods, cell phones, gaming devices, radios, etc.
- Food or drinks (except for water)

Please be sure to properly label your belongings with both your name and group name. Items left behind will be kept and held for 30 days, after which will be given to those in need.