





## TABLE OF CONTENTS

1. About Ope

2. Programs

- a. Beavers g. Paddling
- b. Gold Pack h. Climbing
- c. Red Pack i. Survival
- d. Black Pack j. OSL
- e. Brownsea k. CIT
- f. Trail l. Quals Camp
- **3. Evening Activities**
- 4. Camp Wide Activities
- 5.FAQ



# ABOUT OPE

The history of Camp Opemikon does not begin with the camp's opening in 1938. It is important to acknowledge that the beautiful land we operate camp on does not belong rightfully to us, but that we are currently guests on the

traditional territory of The Wendake Nionwentsio, Algonquins of Omàmiwininiwak First Nation, and the Anishinaabek First Nations. We give thanks to their love and care for the land, both historically and currently. Whether Indigenous or non-Indigenous, everything always comes back to the land, as we owe our respect and gratitude to everything she provides us with.

Since 1938 Camp Opemikon has served the camping needs of more than half a million members of the Scouting family. The camp is owned and operated by Scouts Canada and is one of the finest residential Scout camps in Canada. Through the year, Opemikon welcomes Scouting groups of all ages, from Beavers to Rovers, for outdoor weekend adventures.

In the summer, Opemikon hosts 5 weeks of summer camp. Summer camp is open to Scouting members and non-members. Our programs are co-ed and for ages 5-16 years old. It is inclusive to campers from all backgrounds and abilities.





## BEAVERS

AGE: 5-7 YEARS OLD DURATION: HALF WEEK PROGRAM ACCOMMODATIONS: BARKER LODGE PRICE: \$500



The Beaver Program has two options:

- 1. 4 nights Saturday to Wednesday
- 2. 3 nights Wednesday to Saturday

The Beavers program is a half week program for our youngest campers. Campers will have fun swimming at the beach, boating, making crafts, doing low ropes, playing nature games, and doing science experiences. The Beavers also go on a day trip for lunch in search of the marshmallow tree.

They sleep in Barker Lodge that has single beds and bunkbeds. It has electricity so campers can turn on the lights in the evening. Barker Lodge is right in the middle of main camp, close to the Dining Hall.

This program is running for all five weeks of camp this year.

# GOLD PACK

AGE: 7-9 YEARS OLD DURATION: HALF WEEK PROGRAM ACCOMMODATIONS: GOLD PACK CABINS PRICE: \$525

The Gold Pack Program has two options:

- 1. 4 nights Saturday to Wednesday
- 2. 3 nights Wednesday to Saturday

Gold Pack is a half week program for our youngest cub aged campers. Campers will have fun swimming at the beach, boating, making crafts, doing low ropes, playing nature games, and doing science experiences. Gold Pack also go on a day trip for lunch in search of the marshmallow tree. This is a great option for campers 7-9 years old that are ready to try overnight camp but are not quite ready for a full week.

They sleep in the Gold Pack cabins. They cabins have three bunkbeds each with no electricity. These five cabins are in the corner of the Cubfield. Counsellors sleep close with a glowstick on the door. There is a Kybo close to the circle of cabins and a water trough.

This program is running for the first four weeks of camp.



### **RED PACK** Age: 7-8 years old Duration: One Week Program Accommodations: Red Pack Cabins Price: \$800

Red Pack is a full week program for young cub age campers that are ready to do a full week at camp. It runs from Saturday to Saturday. Campers will have fun swimming at the beach, boating, making crafts, doing low ropes, playing nature games, and doing science experiences. Red Pack also gets to participate in Theme Day and Egg Drop! Red Pack goes on a lunch day trip to the Venture Cabin and a one night overnight trip to the Orchard.

They sleep in Red Pack cabins in the Cubfield that have three bunkbeds each. They do not have electricity but they are close to kybos and water troughs.

This program is running for the first four weeks of camp this year. Campers looking to come on week 5 can join Total Pack which is a combination of Red Pack and Black Pack.



# BLACK PACK

AGE: 9-10 YEARS OLD DURATION: ONE WEEK PROGRAM ACCOMMODATIONS: BLACK PACK CABINS PRICE: \$800

Black Pack is a full week program for older cub age campers that are ready for a full week at camp. It runs from Saturday to Saturday. Campers will have fun swimming at the beach, boating, making crafts, doing low ropes, playing nature games, and doing science experiences. Black Pack gets to have fun at Theme Day and Egg Drop. Black Pack goes on a lunch day trip to the Eagles Cliff and a one night overnight trip to the Venture Cabin on O'Brien Lake (~1 km from the Cubfield).

They sleep in Black Pack cabins in the Cubfield that have three bunkbeds each. They

do not have electricity but they are close to kybos and water troughs.

This program is running for the first four weeks of camp this year. Campers looking to come on week 5 can join Total Pack which is a combination of Red Pack and Black Pack.





## BROWNSEA Age: 11-12 years old Duration: One Week Program Accommodations: Brownsea Tabins Price: \$825

Brownsea is a full week program for young scout age campers. It runs from Saturday to Saturday. It is the first Scoutfield program and gives the campers a little taste of everything. Brownsea does paddling sessions, low ropes, lashing and knots, fire lighting, and more. Brownsea campers also get to earn their knife permit at camp to practice whittling and will have the chance to do the high ropes course.

The Brownsea outtrip is two nights. Campers leave from Ope's canoe beach and paddle to a campsite on Christie Lake to spend the first night. The next day they

paddle to Tsunami, a campsite on the peninsula of Ope's property to camp another night. They will leave the canoes there and hike back to camp the last morning, stopping at McManus rock face to do some rock climbing.

This program is running for all five weeks of camp!



TRATL AGE: 12-14 YEARS OLD DURATION: ONE WEEK PROGRAM ACCOMMODATIONS: ATTIC TENTS PRICE: \$850



Trail is a full week program that focuses on hiking and backpacking skills. Campers can get their knife permits for camp and work on fire lighting. They will also be able to participate in camp-based activities such as swimming, boating, low and high ropes. Trail goes on a two night backcountry hiking outtrip. This is usually in Frontenac Provincial Park (conditional on site availability) or other hiking trails.

Trail sleeps in the Attic in big canvas prospector tents on tent platforms. They have their own kybo and firepit.

Trail is running for weeks 1, 3, and 5.



## PADDLING

We are excited to expand our Paddling options this summer. There are three different levels of paddling to choose from. All groups will work on paddling skills and go on a paddling outtrip. Campers will all get the opportunity to do camp-based activities such as archery, low and high ropes, swimming, fire lighting, and more. All Paddling programs will stay at the Paddling site in canvas tents, across McManus Bay, and paddle back and forth to main camp. The main difference will be the outtrips.



## PADDLING 1 Age: 12-14 years old Duration: One Week Program Price: \$825

Running weeks 1 and 5

Paddling 1 is for campers that are new to canoeing or want a smaller trip for their first paddling trip. Campers will get to practice basic paddling and camping skills before going on their outtrip. The Paddling 1 outtrip is a two night paddling trip that stays close to camp. They use camp's satalite site to camp on.

# PADDLING 2

AGE: 12-14 YEARS OLD DURATION: ONE WEEK PROGRAM PRICE: \$850

Running week 2



# PADDLING 3

AGE: 13-15 YEARS OLD DURATION: TWO WEEK PROGRAM PRICE: \$1250

Running week 3-4

Paddling 2 builds on paddling skills that campers already have and increase distances and skills. They go on a two night outtrip to North Frontenac Parklands. The route will depend on site availability.



Paddling 3 is a new program this year. The first week of camp will focus on strengthening paddling and portaging skills. They will go on a paddling day trip. The second week will be a round trip 5 night paddling trip on the Rideau system. The trip starts at Westport and make its way through Newboro Lake to Jones Falls. Paddling 3 will stay at camp sites and lock stations.



# CLIMBING

AGE: 12-14 YEARS OLD DURATION: ONE WEEK PROGRAM ACCOMMODATIONS: ARMSTRONG LODGE PRICE: \$850

Climbing camp is a one week program that focuses on Vertical skills. While at camp, Climbing campers will get to climb McManus rock wall and challenge themselves on the low and high-ropes courses. The Climbing outtrip goes to Kingston Mills Lock Station for two nights, camping in tents. Campers walk 200m down to the rock wall to spend their trip rock climbing.

While at camp, youth will also get the opportunity to do camp-based activities such



as archery, low and high ropes, swimming, fire lighting, and more.

This program is running on weeks 3 and 5 this summer.

(No previous experience required)

# SURVIVAL

AGE: 13-15 YEARS OLD DURATION: ONE WEEK PROGRAM ACCOMMODATIONS: FARREN'S SITE PRICE: \$825



Survival spend the first night at camp then head over to a satellite site on Farren Lake where campers spend most of the week. Campers use tarps and natural materials found on the site to set up their own structure to sleep in the rest of the week. Survival campers do challenges and play games while at Farrens. They cook all their meals over the fire or on camp stoves. They also swim in Farren Lake at their own small beach. Campers end the week back at camp to join in on closing campfire.

Survival is running on weeks 2 and 4 this summer.



## OSL Age: 14-15 years old Duration: Two Week Program Accommodations: Orchard Tents Price: \$1200



The Outdoor Skills & Leadership (OSL) camp is a youth lead, challenging 2-week leadership development program that concentrates on refining outdoor skills. Week one is devoted to land-based skills such as backpacking and light-weight camping and includes a 2-night hiking trip. Week two shifts to water-based skills such as portaging and canoe safety and includes a 3-night canoe trip. The 2 weeks are tied together with an overnight survival night challenge.



While at camp, youth will also get the opportunity to do camp-based activities such as archery, low and high ropes, swimming, fire lighting, and more.

This program is running for two sessions this summer, weeks 1-2 and 3-4.

## CIT Age: 15-16 years old Duration: Two Week Program Accommodations: CIT Village Tents Price: \$900





The CIT 2-week program provides training to youth

interested in obtaining Camp Counselor positions in future years or in enhancing leadership skills. Week one activities concentrate on development of team building skills, conflict resolution, personal goal setting, and intensive leadership training. Week two involves placement in appropriate program or service area to apply new-found knowledge. CIT builds confidence and prepares youth for an amazing experience as a camp counselor or in their future workforce.

CIT is running for three sessions this summer, weeks 1–2, 2–3, 4–5.

(It is recommended to do OSL before CIT)



# QUALS CAMP

AGE: 13-16 YEARS OLD DURATION: ONE WEEK PROGRAM ACCOMMODATIONS: CLEMENTS LODGE PRICE: \$825



Quals Camp is a new program Ope is running this year with the intention of offering water based Lifesaving certifications during a fun filled week of summer camp. The focus will be on practicing and completing courses from the Life Saving Society. Camp Opemikon is a LSS Affiliate Member with trained instructors. These courses are a great way to increase safety in water activities that we find ourselves in a lot at camp and in camping settings. They are also the first steps in becoming a lifeguard.

Campers will join the rest of camp later in the day for activities such as boating,

archery, swimming, low and highropes, campfire and other evening activities. Campers will sleep in Clements Lodge which has rooms for campers with bunk beds.

Camp cannot guarantee a camper will pass any of the courses offered.



#### BRONZE MEDALLION



Bronze Med is the first in the Lifesaving courses that introduces candidates to water safety and rescues. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Emergency First Aid will also be taught with Bronze Med.

Prerequisite: be at least 13 years of age

Bronze Medallion is running week 1 and 3.



#### BRONZE CROSS

Bronze Cross builds on the skills learned in Bronze Med and starts to apply them and problem-solving skills to active surveillance of aquatic situations. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Prerequisite: Bronze Medallion (doesn't need to be current)

Bronze Cross is being offered on week 2 and 4.



#### EVENING ACTIVITIES

After dinner, campers all go to Electives where they get to pick which activity they go to. Activities include archery, boating, fire building, outdoor cooking, volley ball, wide games, crafts, beach party, low and high-ropes, rock climbing, and more!





#### Council Campfire

Campers all meet at Council Campfire for Opening Campfire every Sunday evening and Closing Campfire every Friday. Campers and staff have fun with songs, stories, cheers, and skits.

#### CARNIVAL NIGHT

On Monday evening, campers and staff dress up in costumes to go to Carnival Night to play carnival games, have snacks, and dance with their friends. Camper can also vote for their favourite counsellor to be thrown in the lake or get pied in the face.





#### OPE'S GOT TALENT

Campers and staff get to show off their many talents! There is dances, singing, solving Rubik's cubes, stick twirling, comedy routines, and more.



### Theme Day

Wednesday is Theme Day in the Cubfield! Campers get dressed in their costumes to go all around camp to different games and activities to get clues to find the treasure. After lunch cub campers head to the beach to play water games before they head out on their outtrip.





#### REGATTA

Friday afternoons, all senior programs (Brownsea and older) gather at the beach and split up into teams. Teams compete for points and race through an obstacle course on the way to the canoe beach. Then campers make their team boat and race around the bay to win the race.







### EGG DROP

While Scout Field is at Regatta on Friday, Cubfield is in the Nature Hut preparing for the egg drop competition. Campers design and build a contraption to keep their egg safe from the drop off the Nature Hut by a counsellor.



## FREQUENTLY ASKED QUESTIONS

### FOOD

Most of our meals are had in the Dining Hall. There are food alternatives for campers with any dietary restrictions.





### TRANSPORTATION

Campers have two options to get to camp. Families can either drive up to Ope and check-in at the Pavilion or check-in in Ottawa and take the free bus to camp. Check the Welcome Package for times and locations.

### HEALTH CENTRE

Every year Opemikon is so lucky to have awesome qualified volunteers that help keep the campers and staff safe and healthy.



All medications are kept in the Health Centre to be administered by one of our medics based off the med formed filled in during registration.

During outtrips, the medic will organize which meds are going with which group's First Aid kit which is given to the Head Counsellor before the trip.

### WASHING HANDS

We encourage our campers to wash their hands when they go to the bathroom with soap and water. We have hand sanitizer with us when we are on trail and they all use it before every meal.

### WASHROOMS

We have outhouses (KYBOs) all around the camp and at least one at every site where campers sleep. We do have one building with flushy bathrooms but campers don't have access to it. If this is a major problem for one of our campers, an accommodation can be made.



### SHOWERS

There are no showers at camp for campers. Instead we have Polar Bear Dip



morning where every campers have a dip in the lake at the start of the day. They also have the option to swim every day Free Swim. at Campers can use biodegradable soap in the lake on soap days.

### SUNCREEN

We don't supply sunscreen or bug spray, campers have to bring their own. Counsellor do prompt the campers to put it on at the beginning of the day and will prompt to re-apply it through out the day. We don't want any burnt campers.

EARL BIRD REGISTER BEN APRIL IST AN 25\$ OF	FORE ID GET	RICING L	IST		
Program	Ages	Program Length	WEEKS	PRI Non-Member	CE Scouts
Beavers	5-7 years	Half Week	1, 2, 3, 4, 5	\$550	\$500
Gold Pack	7-9 years	Half Week	1, 2, 3, 4	\$575	\$525
Red Pack	7-8 years	One Week	1, 2, 3, 4	\$850	\$800
Black Pack	9-10 years	One Week	1, 2, 3, 4	\$850	\$800
Total Pack	7-10 years	One Week	5	\$850	\$800
Brownsea	11-12 years	One Week	1, 2, 3, 4, 5	\$875	\$825
Trail	12-14 years	One Week	1, 3, 5	\$900	\$850
Paddling 1	12-14 years	One Week	1, 5	\$875	\$825
Paddling 2	12-14 years	One Week	2	\$900	\$850
Paddling 3	13-15 years	Two Weeks	3-4	\$1250	\$1200
Climbing	12-14 years	One Week	3, 5	\$900	\$850
Survival	13-15 years	One Week	2, 4	\$875	\$825
OSL	14-15 years	Two Weeks	1-2, 3-4	\$1250	\$1200
CIT	15-16 years	Two Weeks	1-2, 2-3, 4-5	\$950	\$900
Quals	13-15 years	One Week	1, 2, 3, 4	\$875	\$825

## REGISTRATION OPENS ON JANUARY 13TH, 2025!

Follow Camp on Socials



#### summercamp.opemikon@scouts.ca

www.scouts.ca/camps/camp-opemikon.html

