

## CAMP TEKAKWITHA GENERAL INFORMATION

### 1. Correspondance :

All communications after June 17<sup>th</sup> by mail or phone must be send to :

CAMP TEKAKWITHA  
67 CAMP TEKAKWITHA RD.  
LEEDS  
MAINE, 04263  
U.S.A.

Phone: (207) 524-3101  
Fax: (207) 524-3102

N.B. You can communicate with us after August 25<sup>th</sup> at :

CAMP TEKAKWITHA  
278 BOULEVARD VALCARTIER  
LORETTEVILLE, QC  
CANADA, G2A 2N1

Telephone (418) 843-1532  
Fax (418) 843-8655  
E-Mail: [ckta@campdevacances.com](mailto:ckta@campdevacances.com)  
Web site: [www.campdevacances.com](http://www.campdevacances.com)

Please take note that you will not be able to reach us by Internet after June 17.  
You will be able to do so after our arrival in Canada, after August 25<sup>th</sup>.

## 1. Things that can be bought at camp :

We offer clothes with our logo: t-shirt (18\$), sweat shirt (38\$), hats (17\$) and small souvenirs as pens, banner etc. If you do not want your child to buy those souvenirs, please write us a note. It is not necessary to have money at the camp. We will put their purchases on your account and will send it to you at the end of the season. You must know that we do not sell tooth paste, tooth brush, films, etc). You will have to buy those things before your child's arrival at camp.

## 2. Politics about phone calls:

Camp Tekakwitha has one telephone line. We ask that parents use our new fax line(207-524-3102) for any communication with their child instead of using the phone. For emergency only, you can always use the administration line (207-524-3101) from 11h30am to 1h00pm or from 5h30pm to 7h00pm.

## 3. Important things to remember:

Children must bring their own pillow, pillow cases, light blanket and a set of bed cloths..

Children can bring their own musical instruments. It can be put in the director's office.

If your child like fishing, he should bring his own fishing-rod. Do not buy expensive ones, buy one with a close reel. Rappala's bait is recommended.

We ask not to bring at camp: dags, video games, walkman .

## 4. Medical examination :

A new medical form is included. Please send it as soon as possible.

A medical exam is not required unless your child suffer from a particular health problem (example: asthma, chronic diseases) or any recent health problems (pneumonia, impetigo, other infections.) If so, thirty days before camp, please have your child examined by a physician for a medical check-up.

Please provide your child of an health insurance. We will need the company's name, policy number, name of the policy holder and emergency phone number of the insurance company.

## 5. Arrival and departures :

The arrival at the camp must be from 11 :00 AM to 3 :00 PM.

The departure must be from 9 :00AM to 11:00 A.M. If you think that you can't be at the camp for this time, please let us know.

A large number of camps in the region have visits scheduled during the last two weeks of July. If you are planning to visit us during that period, we strongly recommend that you make hotel/motel reservations as early as possible, preferably many weeks in advance. To consult the hotel-motel list for the camp area , visit our web site at: [www.campdevacances.com/EN/hotels.eng.html](http://www.campdevacances.com/EN/hotels.eng.html)

Sessions dates:

June 25<sup>th</sup> to July 21<sup>st</sup> (27 days)

July 22<sup>nd</sup> to August 17<sup>th</sup> (27 days)

Shorter periods:

June 25<sup>th</sup> to July 7<sup>th</sup>

June 8<sup>th</sup> to July 21<sup>st</sup>

July 22<sup>nd</sup> to August 3<sup>rd</sup>

August 4<sup>th</sup> to August 17<sup>th</sup>.

6. How to get to Camp by car:

PORTLAND → CAMP TEKAKWITHA

1. Highway 95 → Highway 495 (direction Lewiston)
2. Exit 13 (Lewiston) → 196 west (Lisbon St) to downtown Lewiston
3. Turn right on 202 (Main St in Lewiston) direction Augusta
4. Keep on 202 for about 10 miles then turn left on 106
5. Stay on 106 for about 5 1/2 miles then, just past the school, take a right on the dirt road in front of the cemetery. Camp Tekakwitha is 1 1/2 mile further.

MONTREAL → CAMP TEKAKWITHA

1. Take Highway 10 south
2. Take exit 121 to highway 55
3. Exit at Ayers Cliff
4. Turn left on Route 141, direction Coaticook
5. Stay on Route 141 until Hereford customs (be careful, rte 141 turns left just after exiting Coaticook)
6. At the Port of entry, follow Route 114 to West Stewartstown-Canaan
7. In West Stewartstown-Canaan, turn right, take Route 3 to Colebrook
8. In Colebrook, turn left on Route 26
9. Stay on Route 26 through Errol, Bethel, Locke Mills and Bryant Pond
10. Just before West Paris, turn left to Route 219
11. Stay on Route 219 to North Leeds
12. Turn right on Route 106 (At the De Coster Feeds plant)
13. In Leeds, just after the service station, in front of the cemetery, turn left on the dirt road.
14. Camp Tékakwitha is 1.2 mile (2 km) further.

Distance: Pont Champlain Camp: 230 miles (370 km)

7. Transportation :

If you want us to pick up your child at the Portland airport, please give us as soon as possible, the flight number, the date and the hour of the arrival.(Between 11:00 and 15:00 o'clock if possible)

If you want your child to go back by this same way, do not forget to give your child his airplane tickets and we will take care of them during camp.(Between 10:00 and 14:00 o'clock if possible)

We have to charge \$ 30US for each transportation to/or from the airport.  
The forms must be filled for each child.

#### 8. Equipments for campers :

Please use sport bag (example:hockey equipment bag) no hard luggage.

8 -10 t-shirts	1 ground mat (foam type or inflatable)for camping
2 warm sweaters	1 bottle of bio liquid soap
2 sport pants (nylon or polar)	Comb and brush
1 pair of jeans	Sleeping bag
6 to 7 pair of shorts	Flash light and batteries
10 pairs of cotton socks	Camping utensils
10 undergarments	Water bottle
2 pairs of wool socks	1 laundry bag
2 pyjamas	1 back pack for camping
2 sport type bathing suits (no bikinis allowed)	Solar lotion (Protection 15 minimum)
1 hat	Pair of eye glasses( replacement)
2 pairs of running shoes	Cleansing cloths as “Wet Ones”
1 raincoat or puncho	Personal hygiene kit
1 pair of rain boots	1 pair of sandals
1 blanket	sanitary pads ( if needed)
1 set of bed sheets.	2 or 3 large garbage bags (for camping)
1 pillow and pillow cases	
2 beach towels	
2 face cloth and towels	
Tooth brush and tooth paste	

Useful objets :Camera, films, paper, books, pens, fishing rod, fly repellent ( no spray).

#### Good ideas :

This list is made for the children coming at camp for 27 days. If you child comes for a 2 week period, you can reduce the quantity. The laundry is made once a week, you have to provide your child for 7 days. All clothings and personal things must be identified. It is highly recommended to have a second pair of eye glasses ( in case the child looses his first )

#### 9. Protection for the sun :

It is highly recommended that your child brings solar cream protection (minimum protection 15) We will remind them to use it when they will go to the beach, and we will have them wear a cap and a t-shirt. Please help us in talking with your child of this subject.

#### 10. Cigarettes / Drugs

It is absolutely forbidden to smoke at camp. Take good note that any drug possession or consumption may result in an expulsion of children in fault.

11. Bathing suit  
Bikinis are prohibited

For Pioneers only:

### 11. Equipment list for the Appalachian trail

Personal gear:

Mandatory equipment

One good pair of hiking boots( with good deep thread soles. It is important to wear the boots before arriving at camp)

Waterproof grease (paste) for the boots (exemple: snow seal or Nikwax)

Plastic bags (ziplock-type brand) one gallon (15) and smaller (10)

4 large garbage bags

1 pair of light sandals ( no leather )

1 chamois ( good for replacing the towel)

Two pairs of shorts

One pair of sport pants (nylon or polar)

A warm pullover (no sweat shirt or kangourou)

One rainjacket ( puncho style)

Three undergarments

Three pairs of cotton socks

Three pairs of wool socks

Three T-Shirts

One windbreaker

One sport type bathing suit (no bikinis allowed)

One hat

One cup and one plate (metal or plastic)

One spoon

One water bottle ( for the well-being of the child, we recommend that he carries two liters of water)

One Backpack, internal or external frame with waist belt and padded shoulder straps ( 65 to 75 liters) Be aware that your child's backpack must be comfortable. His well-being depends on it)

One ground mat (foam type of inflatable)

One sleeping bag (synthetic fibers such as Polargard or Hollifill II is recommended. It is important that the sleeping bag takes less that 1/3 of the space in the backpack)

One good quality whistle (Exemple: Fox 40 or 44)

Elastic bandage (if needed for ankles)

Toothbrush and toothpaste  
Bug repellent liquid ( no spray)  
Flashlight  
Biodegradable soap  
Wool cap and gloves ( mountain tops are not always warm!!)  
Cover pack  
Elastic with hooks on both ends  
Dr Scholl's moleskin (highly recommended for sore spots)  
Second pair of glasses (if you wear glasses)  
Cleaving clothes as "Wet Ones"  
Sanitary pads and "Tampax" ( Be aware that with an important physic effort, the periods could appear sooner.)

#### Optional equipment

Knife  
A pair of boot covers (they protect the ankles and help keep them dry)  
Camera, film  
Shoe strings  
Card game, "aki"  
Paper, books, pens  
Headnet  
Sewing kit  
Glasses strap  
Nylon socks ( they protect against sore spots)  
Personnel hygiene kit  
Small rope ( 2 to 4 meters)used for clothing line or to hang food  
Duck tape

For the seniors, additional clothing is required, it will be delivered when the group is met for resupply

We recommend synthetic fiber for the choice of cloths: it is lighter, dries more quickly and take less space in the backpack

Very important: If you are already a Pioneer, don't forget your " amulette"

We suggest that your child brings an amount of 10\$ for the excursion at the sea.

Note: This equipment list is only for your hike on the trail, additionnal clothing will be needed for days spent in camp.