



Camp Outlook Referral Package

Camp Outlook is actively seeking potential campers for our summer and fall/winter tripping program. We rely on you, as childcare workers, guidance counselors, school teachers, social workers, and probation officers for many of our referrals. It is with your help that we are able to extend our services and provide youth with a wilderness experience geared at strengthening their minds, bodies, and souls! At Camp Outlook we believe strongly in the worth and potential of all youth, the power of experiential learning and the therapeutic value of wilderness tripping.

We are asking you to forward any referrals for potential campers with whom you are in contact, and whom you believe will benefit from our summer and fall/winter tripping program. Along with a referral form, camper application packages (found on our website) are to be filled out in full by the campers and their parent or guardian. Please pass along these forms to the campers whom you have referred.

Enclosed in this referral package please find the following:

- Information about Camp Outlook (i.e. who we are, our campers, our staff)
- A letter outlining Camp Outlook's policy on camper eligibility
- Referral form for you to complete

Thank you very much for taking the time to work with us to help send campers to Camp Outlook. Without you this would not be possible. Please feel free to e-mail this material or photocopy and pass it on to many others! We only need the pages with camper information or signatures returned to us. If you are referring more than one camper, you only need to make extra copies of the actual two-page referral form. Please keep the other pages for your information.

If you have questions or concerns, please do not hesitate to contact us at the Camp Outlook office at 613-544-6444 or email us at winter@campoutlook.ca. We are looking forward to working together to make the 2015/2016 fall/winter season a great success!

Thank you again,

Taera McGauley & Steph Benoit
Camp Outlook Winter Directors 2016/2017

Please send your forms to us by:
Mail: P.O. Box 811, Kingston, ON, K7L 4X6
Fax: 1-613-706-2172
Email: winter@campoutlook.ca

Important: This referral package and the camper application form can be downloaded from our website at: www.campoutlook.ca

***** Please feel free to photocopy the enclosed referral form to as many youth as you feel would benefit from a trip with Camp Outlook**



What is Camp Outlook?

Created in 1970 by a Queen's University medical student, Camp Outlook is a non-profit organization that believes in the benefits of wilderness adventures for youth. Volunteer staff devote their time to youth between 13 and 17 years of age by providing fall and winter camping trips in the Kingston area, and leading 7, 9 and 14 day canoe trips in Algonquin Park during July and August at no cost to campers or their guardians. These summer trips consist of paddling, portaging, hiking, and swimming. Teamwork and cooperation are what allows the trips to run smoothly.

What is a fall/winter trip like?

In the fall, Outlook runs overnight weekend camping trips, and during the winter we transition to day trips. Fall trips depart Kingston around 9:00am on Saturdays and return by noon on Sundays, and take place either in Frontenac Park or at the Queen's University Biology Station. A weekend trip consists of hiking, games, shelter building and learning other outdoor skills. If camping in Frontenac Park, there is a three to four hour hike to our campsite. Campers do not need to be in top physical fitness to participate. All trips maintain a 2:1 camper-to-staff ratio and we run separate trips for boys and girls with co-ed staff. During the winter, day trips may include hiking a nearby trail in the Kingston area, tobogganing, cooking food outdoors, and retreating inside for board games and hot chocolate. In many instances, these trips serve as a way of maintaining and building upon summer contacts with campers.

What is a summer trip like?

The average trip consists of nine days of paddling, portaging, swimming, hiking, cooking, and setting up and taking down camp. Canoe trips are extremely physically challenging but they are also a lot of fun and can be very rewarding. Campers do not need to be in top physical fitness to participate. Canoe trips maintain a 2:1 camper-to-staff ratio either with four or six campers. We run separate trips for both boys and girls with co-ed staff.

Who are our staff?

Every year, Camp Outlook employs a dedicated group of enthusiastic volunteers eager and ready to contribute their diverse leadership styles to a successful summer, fall and winter season. Camp Outlook Summer staff go through an intensive 6-week training program during which they are taught all the skills required to safely lead a canoe trip, including Wilderness First Aid, Bronze Medallion/Cross, ORCKA Canoe Tripping courses, and an intensive 8-day canoe trip in Algonquin Park. As well, guest speakers and discussions provide a forum for developing skills in working with difficult behaviours, low-impact and safe camping, crisis intervention and assessing emergency situations. Camp Outlook Fall/Winter staff are all trained in first aid and are required to attend two intensive staff training weekends during the Fall/Winter season during which they are taught all the skills needed to safely lead a weekend hiking trip.

Who are our campers?

Camp Outlook seeks to provide wilderness camping experience to youth who may especially benefit from exploring their strengths and skills along with other youth in the outdoors. We are looking for youth who may have difficulty coping with their daily environment, those who are faced with particularly challenging situations, or those who simply could not afford to go on a wilderness trip. Most campers are referred to us by social agencies such as Big Brothers/Big Sisters, Youth Diversions, Children's Aid Society, high schools or other professionals who work with youth. We believe that Camp Outlook trips help to foster self-confidence in campers by immersing them in a new environment and allowing them to see that they can meet the challenges they face in the woods. Some apprehension about tripping is normal, but it is best not to adamantly push a reluctant youth into tripping.

***Please read the camper eligibility letter to ensure their ability to participate.**

Why we ask campers to be referred?

Camp Outlook staff members have very little opportunity to interact with campers before departing on trip. The referral process helps Outlook to plan trips that will best accommodate the needs and interests of our campers. It is very important that we know as much as possible about campers before they come on trip with us. This is because Outlook is not a traditional camp and our trips take place in a remote wilderness setting. While the change of environment of an Outlook trip can have a positive impact on campers, it also means that campers will be interacting closely in a relatively unstructured setting. If you have concerns about a potential camper please call us before making the referral and indicate your concerns on the enclosed referral form.

Cost of Camp Outlook?

There is no mandatory fee; however due to our limited budget, we ask that parents, guardians and social agencies contribute to Camp Outlook whenever possible. It costs Camp Outlook approximately \$500 to send a camper on a 9-day canoe trip. While we work hard to fundraise in the community and receive many donations, any amount would be greatly appreciated. Donation information is confidential within the administrative staff and will not affect a camper's registration or tripping experience. PLEASE do not hesitate to refer potential campers, regardless of their ability to be financially supported. Charitable tax receipts are issued upon request. Contact us if you have any concerns about this matter.