



CAMP WINGATE PARENT HANDBOOK 2026



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Welcome

Welcome to Summer 2026! We are so excited to welcome our new and returning campers and staff to Camp Wingate.

Our updated 2026 handbook will help prepare you and your camper(s) for camp. It contains all the details for new and returning families about policies and procedures, summer logistics, communication during the summer, packing information and tips for a successful summer.

We ask you to support our programs and policies by reading this handbook, supplying us with the information we need to keep your child healthy and safe and following our guidelines for summer communication.

If you have any suggestions, feedback or concerns prior to, or during the camp season, please do not hesitate to contact us.

We are counting down the days to another fantastic summer at Wingate!



Camp Contact Information

Your concerns about your child's welfare are important to us, and we will happily answer any questions you may have throughout the summer. If you contact camp, you can expect that a member of our head staff team will return your call as soon as possible. You are also welcome to email us at any time.

You will be receiving an email shortly with more specific information on how and who to contact during camp if you have any questions or concerns.

Summer Phone Number

(819) 327-1149

Email

campwingate@gmail.com

Address

1580 Chemin du Lac-des-Trois-Frères
Saint-Adolphe-d'Howard, Quebec
JOT 2B0

Emergencies

Phone messages are screened regularly for emergencies after hours. If you have a family emergency, please indicate that on the message – (819) 327-1149.



Summer 2026 Important Dates

April

Camp Store Opens

May 12

New Family Zoom
7:00 pm

May

Camp Store Closes

June 4

Grade 1 & 2 Camper Zoom
5:00 pm

June 11

Waterfront and Outdoor Adventure
Staff Arrive

June 13

Open House

June 18

International Staff Arrive

June 19

Baggage Drop Off

June 20

Staff Training Starts

June 25

First Day of Camp

July 9

End of Starter Camp

July 19

Visiting Day
1:00-4:30 pm

July 20

Start of Day Camp

July 20

Grade 9 California Trip

July 26

End of First Session

July 27

Start of Second Session

July 31

Weekend Camp Drop Off

August 9

Last Day of Camp



Core Values

Our core values are Community – Growth – Fun. Each one is connected and related to one another and defines who we are as a camp. They are not just ideas, they are concepts we aspire to live by.

Community

You will experience the true meaning of community at camp. We celebrate each of our campers' unique qualities and individual personalities.

At Wingate we strive to create a caring community that is based on respect, responsibility, safety, accountability and kindness. Learning to play and work together as a bunk, section and team forms the basis of our warm and supportive community.

Growth

We create an environment where all campers will have the chance to become more independent, more resilient while building self confidence. Our goal is for each camper to go home having tried new activities and acquiring new skills.

Fun

What would camp be, if it wasn't fun? Our number one goal is to ensure that our campers have a great summer filled with lots of laughter, cheer and memorable moments.



Getting Ready for Camp

We know that the start of camp can be both exciting and anxiety provoking for both you and your children. It is very normal that campers have moments of worry and anxiety before coming to camp. This doesn't mean that they are not ready for camp or that they shouldn't go to camp. As parents, there are a few things that you can do to help.

Practice for Camp

While it may sound silly at first, you and your child should practice for their upcoming camp experience. Sleepovers are a great way to prepare your child for camp. They give children the opportunity to adjust to going to sleep without you and will give you both the confidence that they can separate from you successfully. In addition, take the time before the summer to teach your children some of the self-care skills that they will be responsible for at camp. Showering on their own, brushing their teeth, choosing and changing their clothes, making their beds and keeping their bunk area clean. These things will help your kids feel confident that they can handle being at camp without you. This is also a great opportunity to remind them that their counsellors will be there to help them if they need anything.



Visit to Camp

Another great way to get your child acclimated to camp is to attend our open house (Saturday, June 13th, 2026). The tour enables campers and parents to meet some of our head staff and will give campers the chance to conceptualize where they will be living. Seeing the layout of the bunks and the landscape of the camp, can allow your child to feel empowered and less nervous. Sometimes a camper is worried about something that might never occur to a parent, for example where the shower house is in relation to their bunk. We are excited to see many new faces on June 13th, and show you around Wingate!

Open Communication

Our goal is to provide the very best camp experience possible for your child. Before camp starts, there should be an honest and open conversation with any of the head staff if your child has any special circumstances that may impact his/her time at camp. Things such as a recent divorce, bedwetting, nightmares, difficulty sleeping, routine medications and their side effects, food issues or any other significant personal issues. All information provided will be kept strictly confidential. It is important that we strategize together before camp and put a plan into place. Sharing this information with us prior to camp will help set your child up for success while at camp.



Baggage Information

All duffel bags and hockey bags (if sending) should be labelled with Wingate baggage tags. Tags will be sent by mail in early June.

Baggage Drop Off

Friday, June 19, 2026

7:30 am–10:00 am at ToysRUs

7300 Rue Decarie



Packing List

Clothing

- 2 Pair of running shoes
- 1 Rain boots
- 1 Sandal (flip flop/crocs/slides)
- 1 Flip flops for the shower (waterproof)
- 4 Sweatpants
- 1 Pair of jeans
- 10 Shorts
- 15 T-shirts
- 12 Underwear
- 18 Socks
- 4-6 Sweatshirts
- 6-8 Bathing suits
- 1 Jacket (jean or fleece)
- 1 Raincoat
- 1 Bathrobe
- 2 Sun hats
- 4 Pajamas
- 2 White t-shirts for tie-dye (art)
- 2 White t-shirts for Friday nights
- Blue/yellow clothing for color war
- "Fancy" clothes for banquet

Sports Equipment

- Tennis racquet
- Ice skate, helmet, neck guard (optional)
- Hockey equipment (optional)
- Baseball glove (optional)

Linens

- 2 Sets of twin-size sheets
- 2 or 3 pillowcases
- 1 Bed pillow
- 1 Blanket (polar fleece is lightweight and warm)
- 1 Egg crate-style mattress pad (optional)
- 6 Towels (beach and shower)

Toiletries

- Sunscreen
- Bug repellent
- 2 Toothbrushes with cases
- Toothpaste
- 1 Comb and/or hairbrush
- 1 Body wash
- 1 Shampoo
- 1 Face wash
- 1 Hand soap
- 1 Nail file and/or nail clippers
- 1 Box of tissues
- Ample hygiene products (e.g. deodorant, feminine hygiene products, razors, etc.)
- 1 Shower caddy (to hold and tote soap, shampoo, and other shower products)

Other

- 2 Refillable water bottles
- 1 Flashlight with extra batteries
- Sleeping bag
- 2 Mesh laundry bags
- Stationary, stamps, envelopes, pen or pencil
- 1 Plastic drinking cup (optional)
- 1 Extra pair of prescription glasses (when applicable)
- Hair elastics
- 1 Knapsack
- Books and traditional games
- Simple costume items for special days (optional)
- Small battery operated fan (optional)



Packing Information

Our packing list contains everything you should send to camp. Please help us ensure a safe summer by not sending the items on our **Do Not Pack List**.

Do Not Pack List

- Cell Phones
- Candles
- Lighters
- Firecrackers
- Hotpots
- Grills
- Kettles
- Spray Paint
- Silly String
- Apple watches
- Weapons
- Lighters
- Knives
- Personal gaming systems
- Laptops and tablets
- Walkie talkies
- Alcohol
- Drugs
- Electronic cigarettes and Juuls
- Zyn Pouches
- Expensive watches and Jewellery
- Irreplaceable Items of sentimental value

All campers are provided with a cubby of their own for their belongings.

*****FOR THOSE WHO CHOOSE TO SEND ADDITIONAL DRAWERS TO CAMP, DRAWERS MUST BE A MAXIMUM HEIGHT OF 24" and 12 5/8" WIDE. Please make sure to label and tape them up securely. Space is limited in the bunks. If you do choose to send drawers, we ask that you respect the size indicated above. We will not allow bigger drawers in camp.***

Hot pots and kettles are prohibited in camp. Items brought in violation of this policy will be confiscated.



Hockey/Skating Equipment

Hockey equipment is optional. Helmets are mandatory for all campers who would like to skate. For all campers who will be playing hockey, full equipment is mandatory. Please clearly label all equipment including skates and hockey sticks. For campers who are interested only in free skating, please ensure that you send skates and a helmet labeled in a bag.



Lost and Found

Please label all of your camper's belongings. This helps us track down the owner of any items brought to the lost & found. We try our best to make sure all of your child's belongings find their way home after camp. Should things get left behind, we will bring all labeled lost and found items home. Please do not send valuable items to camp. Camp Wingate is not responsible for lost, stolen or broken items.

Laundry

All camper's clothing will be washed once a week. As several bunks laundry will be washed on the same day, it is ESSENTIAL that every item be clearly marked with your camper's name; this includes socks and underwear! Please send only inexpensive, pre-worn, pre-washed, iron-free, well-marked garments.



Homesickness

90% of campers will experience homesickness on some level at some point during their time at camp. Children need time to acclimate to new situations, including camp. Camp is an amazing place, but for many campers, it doesn't feel that way instantly. For many first-time campers and even for campers who have been to camp before, homesickness is part of going away to camp. While we have developed effective ways of dealing with homesickness at camp, there are a few things you can do before camp to reduce the chances of your child being homesick.

- Talk to your child and explain to them that there may be times when they miss home, even if they are having a great time at camp. Give them ideas of what they can do if they are feeling a little homesick such as write a letter home, go talk to their counsellor, keep busy with friends and try to remember all the fun things going on at camp.
- As a parent, even if you are worried about your child being homesick, please don't share those feelings. Your kids need to feel that you are confident that they can get through their time at camp.
- Try and avoid promising your children that you will pick them up early if they are homesick. In our experience, this usually guarantees that your child will be homesick and robs them of the opportunity to navigate a difficult situation on their own without mom or dad.



Camp Do's and Don'ts

Do:

- Tell them that you will miss them
- Send lots of letters and emails
- Provide small bits of information about home and family (everyone is doing well)

Your paragraph text

Don't:

- Talk about how much fun you are having while they're at camp.
- Write detailed letters of all the things they are missing at home
- Share the anxiety you may be feeling about them going away to camp.
- Share a serious incident from home before advising the camp directors and creating a plan of action.

We know that getting a letter from your child when he/she doesn't sound happy is hard for parents. If you do get a negative letter, please call and alert us, but also be aware that the letter was written several days earlier. There is a good chance that matters have improved dramatically since the letter was written. Campers may also write negative letters immediately after an unhappy experience, when, an hour later, they've completely forgotten the incident and are once again enjoying camp.

Our staff are always there to help. If your child is struggling with severe homesickness or any other issues in camp, rest assured we will be in touch with you to discuss.



Transportation

Thursday, June 25

Buses will depart from ToysRUs at 9:30 am

7300 Rue Decarie

Please be at ToysRUs at 9:00 am

Thursday, July 9

Bus transportation home for starter session (2-week) campers
at 11:00 am

Sunday, July 26

Transportation home for first session campers
at 12:00 pm

Monday, July 27

Second session bus departure from ToysRUs

7300 Rue Decarie

Buses will depart at 10:00 am

Sunday, August 9

Bus transportation home for all campers
at 10:30 am



Medical

Medical Coverage

We take every precaution to ensure the health and safety of all our campers. We have qualified medical professional coverage 24/7 throughout the summer in our infirmary. Should there be the need for care over and above what can be provided in camp, we are a 15-minute drive from the Ste-Agathe Hospital, and if not urgent, the camper would be transferred to the Montreal Children's Hospital. This summer we are thrilled to once again have Dr. Earl Rubin (a pediatrician and Pediatric Infectious Diseases specialist) as well as Dr. Jennifer Moscovitz and Dr. Evan Blauer, both Emergency room specialists as our camp physicians. We are very fortunate to have Heather Kape (RN) with 15 years of camping nurse experience, as well as Joy Rodgers as our infirmary manager who is also a trained paramedic rounding out our medical team.

Medical Forms

We understand that parents are sometimes hesitant to provide camp with personal information about their child's past experiences or behaviour. Our goal in gathering information about your children is to ensure the best possible experience for them at camp. The security, confidentiality and privacy of your camper's health will be protected. If anything has changed with your child's health, please email us at campwingate.medical@gmail.com to let us know prior to the start of camp. The doctor will take the time to confidentially go over any medical or psychosocial needs of your child with their section head and staff, so as to best set your camper up for success. Please help us, help them!

Vaccination

With even the minor scrapes and injuries that occur in camp, it is ESSENTIAL that your child's TETANUS vaccine is up to date. This means



a booster within the last 10 years. The tetanus vaccines come under various names in your vaccine booklet (tetanus, DPT, d2T5, Infanrix, Pediacel, Quadracel, Adacel, Boostrix). If it has been more than or very close to 10 years since the last tetanus shot, IT IS ESSENTIAL THAT THIS IS BROUGHT UP TO DATE BEFORE CAMP STARTS.

While all vaccines are important, what is also necessary to clarify is your child's Measles vaccination status (listed as MMR, or MMRV, or Priorix, or Priorix-tetra), as the number of cases of Measles is increasing worldwide. Everyone should have received two doses of the Measles vaccine AFTER the age of 12 months. If your child does not have two doses of Measles vaccine, and in the unlikely situation that there is a case of Measles that does arise in camp, your child will be sent home from camp for the three weeks that follow the initial contact. This is at the direction of Public Health and is out of our control. If there are medical reasons that the camper is not up to date with Tetanus, nor has received two doses of the Measles vaccine, please contact the camp, and the doctor will call you to understand why, and what the next steps will be.

Medicare/Health Insurance Cards

You do not have to send your child's Medicare card (or OHIP should that be the case) with them to camp but it is necessary to input their health insurance card number and expiry date in Campbrain.

When do we call you?

We generally will NOT contact you if your child is seen in the infirmary for routine problems, i.e. minor injuries, skin abrasions, headache, stomach ache, cold, fever etc.



One of the infirmiry staff will communicate with you if:

- Your child sleeps in the infirmiry.
- Your child has a more serious injury (more than a bump or bruise), that may require intervention or follow-up after camp.
- If there is a need for your child to be taken to the hospital. Should this be the case, parents or the designated contact person in case of emergencies, will be contacted before transferring the camper to the hospital. Sometimes we will ask that you come pick up your child to take them to the hospital, but if it is an emergency and time is of the essence, we will escort them to the hospital and ask that the parent(s) or emergency contact meets us there.
- We may also call you to clarify past medical issues that may help us better look after your child.

You are always welcome to call the camp and leave a message for the infirmiry staff to call you back should you have any concerns.

Prescription Medications

If your child will be taking prescribed medication while in camp, we ask that this be accurately reflected on the medical form in Camp Brain, with exact doses and administration instructions. A medication form will be emailed to you in May. It is **ESSENTIAL** that this form is filled out and included in the same bag as your child's medication. The medications and instructions will be collected at baggage drop off on June 19 for all campers that live in Montreal and on June 25 **ONLY** for campers that do not live in Montreal. We will have a medical table set up. *Please do not send medication in your child's baggage.*



In order to ensure the best patient safety practices, we are **INSISTING** that parents provide campers medications in **BLISTER PACKS** (also called **DISPILL**) that can be prepared by your pharmacist. Each blister pack must indicate the name of your camper, the medication being taken and the time of day it should be administered. The majority of pharmacies in Canada will blister pack medications at no cost. They may require 1-2 weeks to prepare the blister packs so please be sure to inquire with your pharmacy and plan accordingly. Please only send the amount of medication needed for the summer camp weeks for which your camper is registered. For safety reasons, we **DO NOT** allow prescription medications to be kept in the bunk with your child. We will ask your child to come to the infirmary to get their prescription medications, and this way we can ensure and assure you that medications are dispensed as prescribed.

New Prescriptions

If your child requires a **NEW** prescription medication as prescribed by the camp physician, you will be notified first, and the prescription will be filled at the local pharmacy. We will require your credit card information in order to charge you for the medication, but rest assured that the receipt will accompany your child upon their return, so that you can claim it back from your insurance.

Over the Counter (OTC) Medications

Our infirmary is well stocked with over-the-counter medications such as Advil, Tylenol, Benadryl etc.... The only medication campers should bring up to camp are those that are required to manage existing medical conditions. Please do not send OTC medications such as Advil, or Tylenol with your child to camp. We feel strongly that this should not be kept in the bunk (to limit access to these medications, should they accidentally be taken in large doses). If you feel a strong need that your child does need to have their own OTC medications in the bunk with them, please contact the camp and the doctor will review this and call you back.



As Needed Medications as Prescribed by your Child's Physician (often says PRN on the prescription)

We call these "camper meds", and should be sent up to camp, **SHOULD YOUR CHILD REQUIRE THEM**. Please bring this to baggage drop off (June 19th) and indicate the instructions of when to administer it. Examples are Ventolin puffer, medications for menstrual cramps, specific allergy medications, Lax-a-day for constipation, etc.

Medication Holiday

Camp is not the time to experiment with a "medication-free vacation". We have seen many unsuccessful camp experiences because parents gambled and hoped that camp might be a good time to wean a child off or take a break from his/her meds. This change can be very disruptive to a camper dealing with a new environment and routine. Any changes in medication should be done in consultation with your doctor at home, well in advance of camp.

Lice

Please remember to carefully check your child's hair before camp for any sign of lice and take appropriate steps if needed. All campers will be checked for lice on their first day of camp. If a child is found to have lice, you will be notified and they will be treated by our medical staff at camp. There will be a \$100 fee to cover treatment.

Please remind your child not to share hats, hair accessories, brushes etc.

Sun Safety

Please be sure to send waterproof sunscreen (SPF 30 or higher) with your children to camp. Our staff will be vigilant about reminding campers to apply sunscreen regularly.



Insect Repellent

Part of life at camp is dealing with mosquitos and black flies. They tend to come out more at dusk. Please send your child with insect repellent. We will remind them to apply it during the day and more importantly after dinner.

Lyme Disease

Unfortunately the Laurentians is now considered an endemic area for Lyme disease. Please discuss with your child that they should be vigilant in looking at themselves over for any "black/brown dot" that may be a tiny tic that is attached, and that they should come to the infirmary for removal. The staff will be advised to remind their campers of this practice, particularly after being out in fields with high grass. Should we find a tic that had been attached for more than 1-2 days, the doctor will contact you about the need for preventative antibiotics.

Food

Food is a big deal in camp! Our kitchen staff work hard to prepare healthy and balanced meals that fuel our campers and staff for a busy day in camp. Our varied menu provides campers with lots of options and choices, so even the pickiest eaters will find things they enjoy eating.

We have an afternoon snack in the schedule, as well as milk and cookies served nightly after evening activity. Fresh fruit is available all day in the dining hall.

Wingate is a peanut and nut-free camp.

Please be in touch with us if your child has special dietary requirements.



Food in the Bunks

Campers are allowed to bring a LIMITED amount of food to camp. Food should be brought in ONE plastic bin that can fit under the bed.

The maximum sized bin allowed in camp is 23" (L) x 16.25" (W) x 6" (H). It can be ordered here on [Amazon](#) or bought at Walmart.

Any food not contained in this bin will be discarded.

All food must be peanut and nut-free.

For campers in the junior section, all food not consumed within the first week of camp, will be discarded.

If you choose to send food with your camper, **IT MUST BE SENT ON THE TRUCKS ON JUNE 19th**. Please be sure to securely tape and label the bin. There is no room for food bins on the buses. Please be sure to securely tape and label the bin. **ANY FOOD CONTAINER LARGER THAN THE ONE SPECIFIED WILL NOT BE ALLOWED.**

Food Packages

Please do not send food in packages to camp. We open all packages and will confiscate any food sent to camp. In addition, please don't drop off food packages at the camp office. They will not be given to your child.

Canteen

Canteen will be provided to all campers twice a week. We have a great selection of fun treats.



Weekly Extensions

We will be in touch with you if your camper expresses an interest in extending their stay at camp. Although a camper may want to stay, we believe it's important for all campers to finish their camp experience on a high note. In discussion with you, we will evaluate and decide how to proceed. There is never pressure on any camper to extend their stay.

All weekly extensions after June 25, 2026 will be at a flat fee of \$2,200/week.

Taking Campers Out of Camp

Please do not schedule any non-urgent appointments for your child during camp. If you choose to take your child out of camp for any reason, you will be required to keep them home for 72 hours before returning. Campers leaving and re-entering causes significant disruptions to the camp program.

Communicating with your Camper

We know how important communication with your camper is when they are away at camp. This summer we will once again be using "Bunk1" as the way to send emails to your camper and view daily camp photos.

Camp Photos

Viewing, downloading and sharing photos is free. For a fee, Bunk1 also allows parents to use facial recognition, which allows you to receive notifications specifically when a picture of your child has been posted.



Sending Emails (Bunk Notes)

You can send emails to your camper through your Bunk1 account. All emails are printed out daily. Emails received by 4:00 pm will be printed and handed out to campers at dinner. You can purchase more credits at any time in the Bunk Notes menu.

You will be receiving an email in the coming weeks with a parent letter from Bunk1 on how to set up your account, as well as Wingate's unique password that is needed to access your individual Bunk1 Wingate account.

Mail

Getting a letter in the mail means a lot to your child(ren). Please write often, they love getting letters!! Even before they get to camp, write in advance so letters are there in the first few days. Mail service is slow both to and from camp. Letters can take up to 10 days to arrive.

Our Mailing Address is:

Camper Name
Camp Wingate
1580 Chemin du Lac-des-Trois-Frères
Saint-Adolphe-d'Howard, Quebec J0T 2B0

Letter writing day

We have letter writing day once a week where all campers are required to write a letter home. Please make sure to send your child with stationary, envelopes and stamps.

Packages

Parents are permitted to send ONE package per session to their campers. We open all packages before distributing them to campers. Please do not send food – it will not be given.



Daily Schedule

8:00 am	Junior Wake Up
8:15 am	Junior Breakfast
8:30 am	Inter & Senior Wake Up
8:45 am	Flagpole
9:00-9:30 am	Inter & Senior Breakfast
9:30-10:00 am	Clean Up
10:15-11:10 am	Period 1
11:20-12:15 pm	Period 2
12:30-1:00 pm	Lunch
1:00-2:00 pm	Rest Hour
2:10-3:05 pm	Period 3 (Junior & Inter General Swim)
3:05-3:20 pm	Afternoon Snack
3:20-4:15 pm	Period 4
4:25-5:20 pm	Period 5 (Senior General Swim)
5:20-6:15 pm	Supper Wash Up
6:15-6:30 pm	Flagpole
6:30-7:00 pm	Dinner
7:00-7:45 pm	Free Play
7:45-8:45 pm	Evening Activity
8:45 pm	Milk & Cookies
9:00-10:00 pm	Various Curfews



Withdrawal from Camp

Involuntary Withdrawals

If a child is withdrawn from camp on an involuntary basis, in situations such as drugs, e-cigarettes, alcohol or unacceptable behaviour, no refunds will be issued.

Voluntary Withdrawals

If a child is withdrawn from camp on a voluntary basis, in situations such as a child is homesick, parents miss the child, changes in family plans, family vacations, etc., no refunds will be issued.



Visiting Day

Sunday, July 19

1:00 pm–4:30 pm

Details about Visiting Day will be sent in July.

We look forward to welcoming you all to camp!



Spending Money

It is not necessary to send your child to camp with spending money. Campers can choose to bring a small amount of money to buy snacks on out-of-camp trips. **IN OUR EXPERIENCE MOST KIDS BRING APPROX \$20 for SNACKS.** Spending money is completely optional, as we send meals/snacks on all camp trips. Additional information about spending money for campers completing grades 9 and 10 will be sent closer to the summer.

Out of Camp Trips

We occasionally take campers on out of camp trips. Trips to the movies, waterslides, optional activities or to other campers for intercamp sports are fun days for everyone! Campers are transported by school bus or in our camp vans.



Contacting Parents

We know how anxious parents of new campers are to see how their children are adjusting to camp. If this is your child's first summer at camp, we will be in touch to check in with you within the first 4 days of camp. If you are concerned or have any questions about your child at any point in the summer, don't hesitate to reach out to us. Please know that we will contact you if there is anything we need to speak to you about. You can assume that no news is good news.

Birthdays

We love celebrating birthdays at camp and will make sure your camper has a special day!

On their birthday, campers will

- Raise/lower the flag at flagpole
- Have the whole camp sing Happy Birthday to them.
- Get a birthday cake to share with their bunk.
- Have a phone call with you. Campers will call home after dinner (7:00-8:00 pm).

Campers can receive a Birthday Package (please do not send food). Please write "birthday package" and we will keep it in the office until we deliver it to your child on their birthday.

Unfortunately, we do not allow campers to call home for a parents or siblings birthdays.



Camp Policies

Safety

We are committed to maintaining the highest standards of safety and security at Wingate.

- Campers are always supervised,
- Between 2-6 staff members sleep in the bunk with the campers.
- There is always a staff "On Duty" in the evenings in all bunks.
- There is a security guard on duty all night patrolling the camp.

Destruction of Property

Destruction of property on or off camp is strictly prohibited and may result in the dismissal of a camper. Should a camper damage or destroy any camp property through vandalism or willful disregard of proper use, above the normal wear and tear, the camper and the camper's family will become liable and will be asked to reimburse the camp for the costs of repairing or replacing any damaged property. This includes causing damage/destruction in hotels, campgrounds and other public places.

Possession of Alcohol, Tobacco, Vapes, Vape Products, and Drug Substances or Paraphernalia

While in camp or out of camp, possession, distribution or use of alcohol, vapes or vape products (i.e. juuls, e-cigarettes, etc), tobacco (cigarettes, chewing tobacco, etc), drugs and/or drug paraphernalia, is strictly prohibited and will result in immediate dismissal from camp. We have a "ZERO TOLERANCE POLICY" on this issue.



Electronics Policy

Wingate is a screen free camp. We feel more than ever, campers need a real break from electronics.

The following items are not allowed in camp:

- Cell phones (even if the SIM card is removed)
- Electronic handheld games such as PSP's, Nintendo DS
- Laptop computer
- iPad
- Kindle or any reading device capable of connecting to WIFI
- Apple Watch

You are welcome to bring the following items:

- Older generation iPod with no screen
- MP3 Player that plays music is permitted (i.e. no ability to play videos, or store photos)
- Inexpensive camera



Cell Phones

Although cell phones have been strictly prohibited at camp for years, a number of families have chosen to ignore this policy and have allowed their children to bring their phone to camp.

Having cell phones in camp have led to:

- Conflicts within the bunk
- Campers focusing on their friends at home rather than their friends at camp
- Campers calling parents when they need advice instead of turning to their peers or counsellors.

We know how tempting it is to allow your child to have his/her cell phone in camp so you can communicate with them. We can assure you that having a cell phone is detrimental to their camp experience. Please give your kids the chance to take a well deserved break from electronics this summer and do not allow them to bring their cell phones to camp.

Please discuss this policy with your child(ren). We know in the past that campers have hidden their phones in their backpacks, toolboxes, and food bins without their parent's knowledge. We will be searching these items when campers arrive on the first day.

If your child makes the choice to bring a phone/ipad to camp, they will be given the opportunity to give it to us with no consequences on the first day of camp. It will be kept safely in the camp office and returned at the end of their stay. If we find a cell phone/ipad after the first day, your child will be sent home and no refund will be issued. We understand that this is harsh, but we feel very strongly that cell phones and ipads have no place at camp.



Bullying/ Harassment

Every child has the right to feel safe while at camp. Our core values and policies are designed to provide an inclusive space for all campers. Physical and emotional bullying or violence of any kind will not be tolerated at camp. No camper shall bully, intimidate, threaten or cause any physical, verbal or emotional harm to any other camper. Indirect support of bullying is also considered a serious offence. Camp Wingate reserves the right to send home any camper who engages in fighting, taunting, bullying or who is emotionally, verbally or physically threatening or abusive to another camper or staff member.



Camp Wingate Behavior Contract

At Wingate, we strive to build an inclusive and nurturing environment for all our campers. To build this community, we rely on mutual respect, trust and fostering a sense of responsibility towards one another. Our goal is to make camp a home away from home, a place where campers feel comfortable and safe.

The camp has the right to send a camper home for violation of any of the following rules. Refunds will not be issued to campers who are sent home.

Physical, verbal, or emotional abuse, bullying, teasing, exclusion, scapegoating, threatening, sexual harassment, Behaviour that is harmful or potentially harmful to campers, persistent verbal or physical aggression and raiding will not be tolerated.

First offense: Camper will be dismissed immediately, at the discretion of the camp.

We will not tolerate or permit any online reference to a camper, staff member or to Camp Wingate that is in any way negative or could be construed as negative, whether it be a photo, video or in writing.

Cyberbullying or face-to-face bullying outside of camp will cause a camper to not be invited back to camp.

First offense: Camper will be asked not to return to camp.



No camper shall discriminate based on race, ethnicity, gender or sexual orientation. There is a ZERO tolerance policy for racial slurs or racism of any kind.

First offense: Parents may be informed and child may be sent home. Loss of privileges and probationary action may also be appropriate.

Defacing camp property in any way will not be tolerated. Any graffiti including writing, drawing, carving or painting names/pictures etc. on furniture, cabins or building walls are all examples of this and will be considered a serious offence.

First offence: Loss of privileges and parents made aware and held responsible for cost of repair or replacement or may be dismissed from camp.

Second Offense: Dismissal from camp.

Theft or conversion of the camp's or other person's property to their own use, however small is a serious offense.

First offense: Loss of privileges and parents advised restitution to be made. Camper may be dismissed from camp.

Second Offense: Dismissal from camp.



Possession or use of any tobacco products, including cigarettes, e-cigarettes, JUULS, Zyn pouches are NOT permitted. Illegal drugs or other substance, including cannabis and alcohol, is NOT permitted.

First Offense: Camper will be dismissed immediately, at the discretion of the camp.

In order to help assure the safety and security of the camp population and maintain a drug and alcohol-free environment, the parent or guardian expressly gives the Camp Director(s) permission to conduct a search of the campers belongings, locked or otherwise.

First Offense: Camper will be dismissed immediately, at the discretion of the camp.

Cell phones or any electronic devices capable of connecting to the internet are not allowed in camp. If your child is found with a cell phone, the phone will be confiscated and the camper will be sent home immediately.

First Offense: Camper will be dismissed immediately, at the discretion of the camp.



All campers must abide by established curfews. Campers that are found sneaking out of the cabin, especially for the purpose to engage in inappropriate, conduct such as raiding cabins, or to do anything offensive may be dismissed from camp.

First Offense: Loss of privileges and may be dismissed from camp depending on the severity of the action.

Second Offense: Probationary action and depending on severity parents informed. May be dismissed from camp.

Third Offense: Dismissal from camp.

Campers are NOT allowed in cabins of the opposite sex.

First Offense: Loss of privileges or dismissal in specific circumstances outlined

Second Offense: Probationary action and depending on severity, time of offence, parents may be informed.

Third Offense: Parents informed and/or dismissal from camp. (Note campers out of camp on the last night of a session, or campers in cabins of the opposite gender, at any time may be considered a third offense offender immediately.)



Tips for Success

It is our job at camp to do everything we can to help campers feel safe, secure, independent and happy when they are away from home. As parents, you also play a large role in the success of your child's summer. Here are some tips and things you can do to help your children have a positive camp experience:

- Talk to your child about the camp rules and the importance of following them, including the Camper Behaviour Contract. If your child knows you are aware of and in support of the camp's rules, they are more likely to follow them.
- Go through the camp packing list to ensure your child is not bringing anything to camp they aren't supposed to bring.
- Speak to your child about kindness and inclusivity.
- Remind your child that the people at camp are there to ensure they have a great summer experience. We cannot solve a problem if we are not aware of it. Encourage them to talk to their staff or leadership team if they have a problem.
- Remind them to embrace every opportunity and try new things. That's what camp is all about!

**Looking forward to an
incredible Summer 2026!**

