



Radiant Girls

Leadership Camp Details

Get ready for a week of amazing experiences, new adventures, new friendships, and tons of fun! Prepare for both hot and cool days, and possibly wet, soggy days too. Stay hydrated, and be ready to hike, swim, stretch and lounge in the summer sun! Check the list for unique items for some of our crafts too!

What to Bring - Labels Recommended

- **Refillable water bottle - This is a MUST!**
- **Sunscreen**
- **Bug spray & After-bite**
- **Towel and facecloth**
- **Yoga mat (if you don't have one please notify us before camp starts)**
- **Hiking/running shoes are mandatory**
- **Printed pictures of things you aspire to be, do, achieve, or have (or a few great magazines)**
- **A single tube sock. Choose a cute, clean one ;)**
- **Bathing Suit (optional)**
- **Water Shoes - the shore is rocky**

Leave it with us:

Backpacks, yoga mats, etc. can be left in our clubhouse each day overnight, so if you don't want to lug all this stuff back and forth each day you can leave it with us for the week. You'll just need to bring your lunch and water each day. Our space will be locked at the end of each day.

Meals:

Please make sure to have a healthy breakfast before camp. We will be very active in the morning, and it's not uncommon for us to hear that campers don't have energy for activities because they skipped breakfast. Please bring a healthy lunch, snacks and water for your day. We will be providing a smoothie demo and sampling, as well as a healthy snack in the afternoon to try. We will accommodate allergies and intolerances as long as they are listed in your account at least one week before camp.

Please don't bring Nuts, Junk Food, or Candy!

It is imperative that campers do not bring nuts or candy to camp. Nuts and candy brought to camp could pose a serious health risk to other campers with allergies, cause jealousy, and attract unwanted bugs or animals.

Phone & Electronics Policy:

We are committed to preserving the spirit of camp - in our opinion, a cell phone, smart watches, personal media players, earphones/earbuds, and other electronic devices inhibit a person's link with camp experiences and diminish the capacity to connect with others, nature, and the spirit of the camp environment. For these reasons, we will be allowing cell phones for emergency use only. Phones can be kept in the camper's backpack, however, if they do become a distraction, they will be held in storage until the end of each day.

Don't Bring Anything Valuable:

Do not bring jewelry, money, or anything that will be missed terribly if lost! We are not responsible for replacing items that are lost or damaged during camp.





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Prohibited Items:

No matches, lighters, vapes, cigarettes, knives, weapons, etc. Please refrain from wearing perfumes or aerosol deodorants (irritants to those with allergies and attract bugs!).

Medications:

Any pharmaceutical medications, epi-pens, etc. need to be checked in with the Head Camp Director during drop-off registration. If medication is to be administered, we must have specific instructions and permission in writing from a parent. We do have a first-aid kit on site but we will require parents' permission to provide any time of medicine. Please ensure your emergency contact information is up to date at drop-off. Campers' medication is held in the first aid kit for the week and returned on Friday at pickup.

Drop Off Location

Drop-off is at 50 North Shore Blvd. E, in Burlington at LaSalle Park. LaSalle Park is on the border of Burlington and Hamilton at the base of Waterdown Road. Once you enter the park, you'll drive to the very end of the parking lot towards the LaSalle Banquet Centre. A large white and orange building close to the lake. You'll see Radiant Girls signs indicating you're in the right place. Please meet us in the covered pavilion area. You will meet our camp director, confirm your registration, review your emergency contact info, and confirm pick-up arrangements. Please also ensure you review any allergies and medications at this time. Please do not drop your child off on the first day without checking in. They will not be permitted to join the group until a parent has checked them in.

Drop Off & Pick Up Times

Our Leadership Training in week one starts at 9:00, and pick up is at 4:00. The week leaders return for their LIT experience, they will arrive before campers at 8:30 and stay until 4:30 each day. Leaders will be assigned responsibilities in the second week, so they must arrive on time.

Emergency Contact

Gina can be reached at (905) 335-9591. If it's urgent, you may send a text so that it can be seen during the day in between activities. For non-urgent matters email info@radiantgirls.ca

**Lastly, bring your Smile and the intention that this is going to be
The Best Week Ever! :)**

