



Radiant Girls

Radiant Girls

Overnight Retreat Information

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

Bed Linens - Including sheets, blankets, and pillows for a single bed.

Clothes for 4 days - extras in case you get wet or muddy. (include light clothes for hot days and warm clothes for fireside chats).

Pyjamas and/or robe

Bathing Suit

Toiletries in a bag to bring to showers - toothpaste, shampoo, facewash, etc.

Water Shoes and/or Flip Flops (good for shower area too)

Beach Towel and face cloth

Hiking/running shoes are mandatory

Refillable water bottle

Sunscreen, Bug spray & After-bite

Yoga mat

A raincoat and/or umbrella (hopefully, we'll never need these)

A flashlight

A hat

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 ;)

Meals:

All of our campers will have meals included from Monday evening to Friday lunch. We can accommodate allergies and intolerances when communicated in the registration package at least 2 weeks prior to the start of camp. Please note our staff are not trained to support children with eating disorders.

No Nuts, Junk Food, or Candy!

It is imperative that campers do not bring nuts, snacks, or candy to camp. Candy brought to camp poses a serious health risk to other campers with allergies, causes jealousy, and will attract unwanted bugs, rodents, and animals to the cabins!

Phone & Electronics Policy:

We are committed to preserving the spirit of camp - in our opinion, a cell phone, personal media players, and other electronic devices inhibit a girl's link with camp experiences and diminish the capacity to grow within a team and camp environment. For these reasons, we will only be allowing cell phones for calling home during specifically scheduled times. Phones will be turned off and kept with the camp counsellor outside of these times.

No Valuables

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.





Radiant Girls

Radiant Girls

Overnight Retreat Information

Prohibited Items:

(Prohibited items will be confiscated.) No hair dryers, curling irons, candles, electronic devices, matches, lighters, vapes, knives, weapons, etc. Please refrain from wearing perfumes or aerosol deodorants (irritants to those with allergies and attract bugs!).

Medications:

No medications of any kind are permitted in the cabins. 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 with a signature.

Drop Off Location

Our overnight camp is held at Cedar Glen Outdoor Centre; 13300 11th Concession Rd, Schomberg, ON L0G 1T0, Canada. As you drive into Cedar Glen look for our Radiant Girls Signs. Our Welcome Team will be at a picnic table outside of the main pavilion to greet you and get you checked in. Gina will be personally checking in each of your registrations, reviewing your emergency contact info, and confirming pick-up arrangements. Please make sure to review all allergies and medications at this time.

Drop Off & Pick Up Times

Check-in is Monday, August 5th, between 4- 4:30 pm. Once all campers have arrived will gather for introductions and dinner. Pick-up is Friday, August 9th. at 3:30 pm.

Radiant Girls Facebook Group for this Event

During our week we'll be sharing photos, videos, and messages of all the fun, friends and growth these girls will be experiencing! There will be an opportunity to connect with other families before the retreat if you'd like to consider carpooling. Watch for emails inviting you to join closer to the start of the event!

Camper Feeling Unwell or Wanting to go home

It is common to have the occasional camper report feeling unwell and wanting to go home. This can be a way of dealing with homesickness, cell phone withdrawal, or wanting to avoid a challenge or activity. We will be using our discernment to assess the symptoms and care for the physical and emotional health of every child. In the event a camper has symptoms that require medication, we will call home for directions. If your camper should ask to be picked up from camp during their call home, please refrain from letting them know this is an option. Our program is designed to help them grow, and if they should leave during this process they may not develop the skills of resilience and confidence we are intending to foster. We will be watching every camper with our hearts and minds to ensure they are in a positive growth mindset environment and to ensure they have the support they need to achieve our empowerment goals! Trust me... they will not want to go home at the end of the week!

Emergency Contact

Gina can be reached at (905) 335-9591 by text a few times a day. For non-urgent matters, phone messages can be sent. Please note, that these may only be checked once a day/every other day: gina@radiantgirls.ca.

Lastly, bring your smile and the intention that this will be The Best Week Ever! :)