



YMCA JOHN ISLAND CAMP **CAMPER GUIDE** 2026

Welcome to YMCA John Island Camp!

We are thrilled that you will be joining us for an unforgettable summer full of adventure, learning and fun! Our dedicated staff team is committed to providing a safe, engaging, and memorable camp experience.

If you have any questions or concerns, feel free to reach out to us at any time. We are here to ensure that your camper's time here is both enjoyable and enriching.

This Camper Guide contains all the essential information you need, including arrival day and departure day procedures, packing lists, camp tips and a glimpse of our daily schedule. Please take a moment to review it thoroughly.

Thank you for entrusting us with your camp experience. We look forward to a fantastic summer together!



Cashel Moss
Camp Director

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About YMCA John Island Camp

JIC is the overnight camp and outdoor centre of the YMCA of Northeastern Ontario. Located near Spanish, Ontario, on a 278-acre island in the North Channel of Lake Huron, we have been offering summer camp, leadership programs, family camp, and wilderness trips since 1954!

Campers enjoy land and waterfront activities, cabin living, and choice-based programming that promotes skill development and personal growth. YMCA John Island Camp is home to campers from across Northern Ontario and beyond.

Mission

YMCA John Island Camp is children and children at heart caring, sharing and daring to provide a positive and lasting effect on values and attitudes with a magical island as a common point

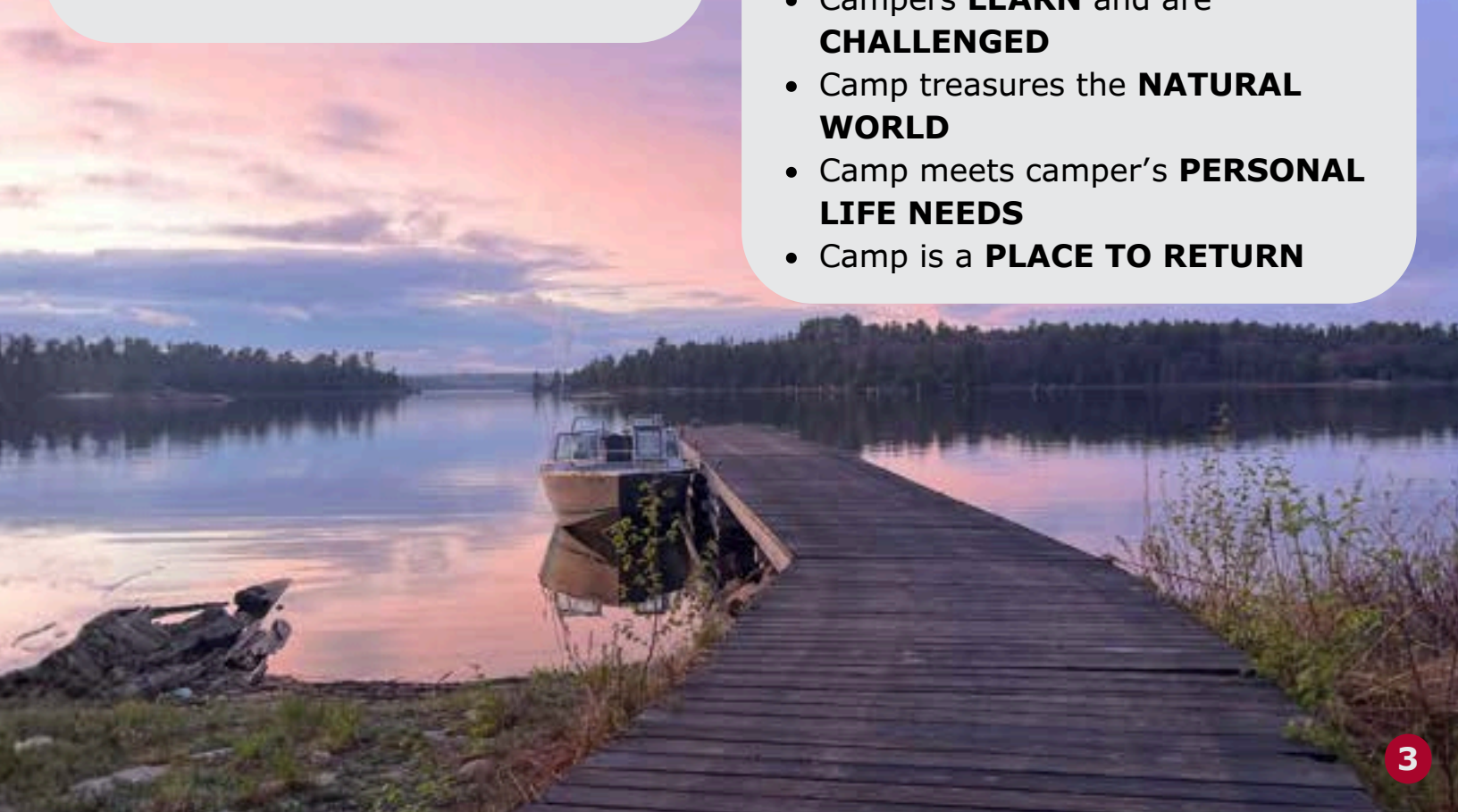
Vision

Growing a healthy active community

The Quality 8

The Quality Eight are measures of quality for summer camps that guide JIC and other YMCA Camps in our work.

- Camp is **FUN**
- Camp is **SAFE**
- Camp is a **PLACE OF FRIENDSHIPS**
- Camp is a place of **BELONGING**
- Campers **LEARN** and are **CHALLENGED**
- Camp treasures the **NATURAL WORLD**
- Camp meets camper's **PERSONAL LIFE NEEDS**
- Camp is a **PLACE TO RETURN**





Cabin Mate Requests

Cabins at YMCA John Island Camp typically house 8–10 campers and are staffed by 2 counsellors. We do our best to honour mutual cabin-mate requests when ages and available spaces allow. Because our programs are designed with age-appropriate progression in mind, we cannot accommodate requests involving a significant age difference.

Please note that cabin requests cannot be guaranteed. Cabin groups are finalized one week before each session and may be influenced by registration numbers, program needs, and other important factors.

New to John Island?

We're excited to welcome first-time campers to the John Island community! Before your session begins, our team will reach out to all new campers and their families to help answer questions, ease any worries, and ensure everyone feels prepared for their time on the island.

If you have questions at any point, please don't hesitate to contact us at johnislandcamp@ymcaneoe.ca. We're here to help make your camper's first John Island experience a great one!

Packing For Camp

To help make your child's stay at John Island Camp comfortable and worry-free, we've put together a recommended packing list. This list is designed for a one-week stay—if your camper is joining us for a longer session, please adjust quantities accordingly. Campers are encouraged to take responsibility for their belongings throughout their stay. While staff will gladly assist with organization and packing at the end of the session, we cannot take responsibility for personal items. To help reduce lost and found, please ensure all belongings are clearly labelled, and please avoid sending valuables to camp.

Clothing

- 4-5 T-shirts
 - Bring a blue, red, yellow, and green shirt (for Colour Wars), plus a white shirt for tie-dye.
- 1-2 Long-sleeved shirts
- 1-2 Sweaters
- 2-3 Shorts
- 2-3 Pants
- 1 Week Supply of Underwear
- 1 Week Supply of Socks
- 1-2 Sets of Pajamas
- Warm Jacket
- Raincoat, Pants, & Boots
- 1-2 Pairs of Running Shoes
- Nice change of clothes for Banquet!

Swimming

- 1-2 Bathing Suits
- 1-2 Towels
- Sun Hat & Sunglasses
- Sunscreen
- Sandals

Toiletries

- Toothbrush & Toothpaste
- Hairbrush
- Deoderant
- Menstrual Products
- Soap
- Shampoo & Conditioner
 - Bio-degradable Shampoo & Conditioner is required if bathing in the lake instead of the Shower House

Sleeping

- Sleeping Bag
- Blanket
- Pillow
- Twin-sized Sheets (optional)

Other

- Flashlight/Head Lamp
- Bug Spray
- Reusable Water Bottle
- Laundry Bag
- Journal & Pen
- Musical Instrument

Packing For Out-Trip

Campers attending the 12-day Youth Camp, those in the Outdoor Living Skills stream of Adventure Camp, or participants in a Leadership program go on out-trips. Trips are tailored to age and skill level, from short hikes for youngest campers, canoe trips or hikes for intermediate campers, four-day canoe trips for seniors, to trips of varying difficulty for Leadership participants. Adventure Camp campers in Outdoor Living Skills join a one-night overnight out-trip. Campers take part in trip preparation sessions covering gear, packing systems, and Leave No Trace principles. The packing list uses our Sleeping, Dry, and Wet systems, and campers are responsible for their own gear—please label all items, avoid sending valuables. We recommend quick-dry, synthetic, or wool clothing, which is comfortable, practical, and dries easily in our camp environment.

Dry System

- Underwear
- Synthetic or Wool Socks
- Fleece or Wool Sweater
- Thermal Layer
- Pants
- Quick-dry T-Shirts & Long-sleeves
- Toque
- Running Shoes

Wet System

- Bathing Suit
- Underwear
- Shorts
- Quick-dry Shirt
- Sun Hat
- Raincoat & Rainpants
- Running Shoes
 - Ideally, these should be old shoes that can get wet.

Sleeping System

- Sleeping Bag
 - Rated 10°C
- Sleeping Pad
- Camping Pillow

Other

- Flashlight/Head Lamp
- Bug Spray
- Sunscreen
- Reusable Water Bottle
- Dry Bag



What Not To Bring

At John Island Camp, we believe camp is a chance to unplug, enjoy the outdoors, and build a sense of connection with nature, peers, and oneself. To help create a safe and positive environment, the items listed below should not be brought to camp. Any prohibited items brought to camp will be collected by the Camp Director and returned to the parent/guardian at the end of the camp session. John Island Camp is not responsible for lost, stolen, or damaged items. Please ensure the items listed below are **not** brought to camp:

- Cell Phones
- Personal Electronics (e.g. iPods, laptops)
- Bluetooth Speakers
- Valuable items
- Hair Dryers
- Food, gum, or candy
- Matches or Lighters
- Knives
- Drugs or Alcohol
- Cigarettes, tobacco products, or vaping devices

Participants who bring drugs, alcohol, cigarettes, tobacco products, or vaping devices may be asked to leave the program at the discretion of the Camp Director.



Medications & Wellness

All medications brought to camp must be in their original packaging and placed inside a Ziploc bag clearly labelled with your camper's full name and date of birth. The **Medication Registration Form** will be sent to families at least two weeks before their camper's session. Please complete this form and bring it with you on arrival day, along with all medications. At sign-in, all medications must be handed directly to our Wellness Staff, who will store all medications in a secure, locked space within the Wellness Centre. We strongly encourage the use of blister packs for prescription medication for ease of administration.

Please do not send non-prescription medications or vitamins from home. Our Wellness Centre is fully stocked with approved over-the-counter medications that our trained Wellness Staff can provide if needed. The Wellness Staff or Camp Director will keep you informed about your child's health in the case of a change in health, a trip to the doctor, or an emergency. In order for us to provide the best care possible for your child, please make sure to be as specific as possible on your campers registration.

If your camper uses an inhaler or carries an EpiPen, please let our Wellness Staff know at check-in, and campers with anaphylactic allergies must bring **two** EpiPens to camp.



Laundry Services

There are no camper laundry facilities at John Island Camp except for emergencies. Please ensure that your child has enough clothing for the full session. Laundry is available for bedwetting or incidental soiling of clothing.

Lost & Found

We do our best to help campers keep track of their belongings, and campers are expected to know what they have packed and take responsibility for their personal items. On the last day of each session, we hold a Lost & Found show so campers can look for anything they've misplaced. Items still unclaimed are brought as is to the Lily Creek bus pick-up spot for parents to check.

If your child is missing something after camp, please email johnislandcamp@ymcaneo.ca. We also host a final Lost & Found event at the end of the summer. Any items still unclaimed after that will be donated to local charities.



Arrival Day

Please ensure your camper has breakfast before arrival. We'll provide a snack on the bus and lunch once they reach camp. Parents and guardians must stay until sign-in is complete and their camper has checked in with their counsellor.

All medications must be in their original packaging, placed in a labelled Ziploc bag (camper's full name and date of birth), and accompanied by the Medication Administration Document. Medications are handed directly to our Wellness staff. Pharmacy-prepared blister packs are preferred when possible.

Option	Location	Arrive By
Bus from North Bay	186 Chippewa St. W	8:30 A.M.
Bus from Sudbury	James Jerome Sports Complex	10:00 A.M.
Bus from Espanola	HWY 17/6 Tim Horton's & Wendy's Parking Lot	11:45 A.M.
Bus from Spanish	Parking lot across from the Outdoor Store	12:30 P.M.
Drop-off at Camp	Walkhouse Bay Rd. Spanish, ON	12:30 P.M.

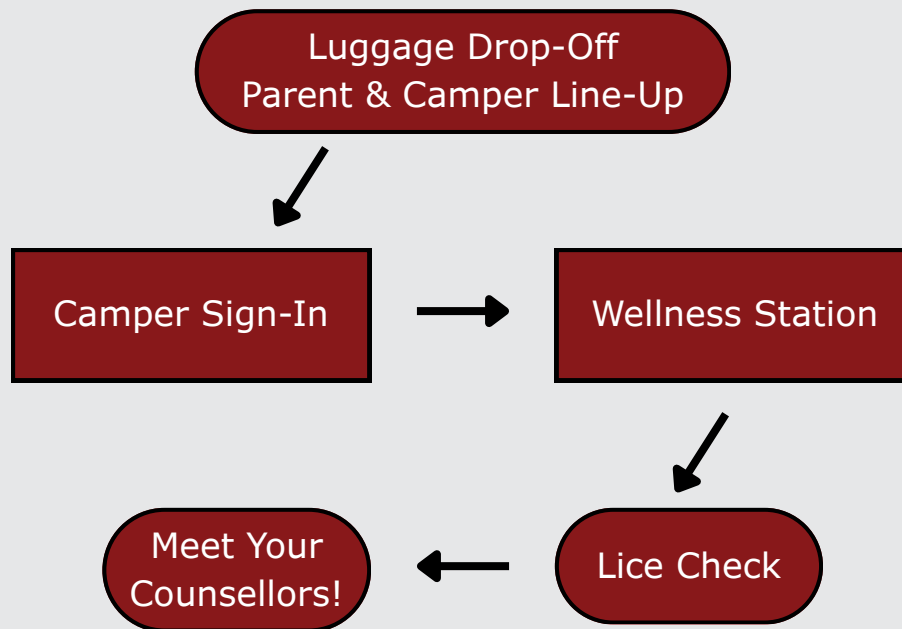
NEW: John Island Camp is moving to a fully online tuck money system. All tuck credits must be added through your camper's registration. **Cash will not be accepted at bus stops.**



Check-In Procedure

Upon arrival at James Jerome Sports Complex (bus departure) or the Walkhouse Bay Road docks (camp drop-off), you will see a check-in table set up for intake. Campers boarding at other bus stops will receive their head lice check upon arrival at the Walkhouse Bay Road docks. The check-in process is as follows:

1. **Luggage drop-off:** Place all camper luggage in the designated area (please keep water bottles and any medications with you).
2. **Sign-in:** Line up to sign in at the check-in table. Please notify staff of any changes to your camper's personal or medical information.
3. **Wellness check-in:** Submit medications and the Medication Authorization Form to our Wellness staff. Blank forms will be available if needed. This form is required for all campers, even if they do not take medication.
4. **Lice check:** Prepare your camper for a quick head lice check.
5. **Meet your counsellors!**



Head Lice

All campers are required to undergo a check for head lice by our staff prior to boarding the buses. If head lice or nits are found, treatment must be started before arrival at camp. We strongly recommend that caregivers check their campers for lice prior to the start of camp. The Camp Director reserves the right to turn campers away at drop-off who have untreated head lice or evidence of head lice. If you are concerned about your child's head lice, please feel free to contact the Camp Director for advice.



Directions To Camp

YMCA John Island Camp is boat-access only. Our docks are located in Serpent River First Nation, near Spanish, ON—about 2 hours from both Sudbury and Sault Ste. Marie.

Driving directions to the docks:

- In the town of Cutler, turn off HWY 17 onto Weegwas Road.
- At the stop sign, turn left onto Village Road.
- Cross the train tracks and take a right onto Walkhouse Bay Road.
- Continue about 5 km—the docks will be at the end of the road.

Please drive slowly—the road can be rough, and there are children playing in the community.

Departure Day

Campers will only be released to parents, guardians, or individuals listed as authorized pick-up on the camper's registration form. To add additional authorized contacts, please submit the request in writing or update it in our registration system at least 3 days before the last day of camp.

Anyone picking up a camper must present official photo ID. Campers cannot be released without proper identification.

The bus schedule shows our estimated arrival times at each location. Live updates on the bus's location and timing will be shared on our social media channels.

Option	Location	Arrival Time
Pick-up at Camp	186 Chippewa St. W	1:00 P.M.
Bus to Spanish	Parking lot across from the Outdoor Store	2:30 P.M.
Bus to Espanola	HWY 17/6 Tim Horton's & Wendy's Parking Lot	3:30 P.M.
Bus to Sudbury	James Jerome Sports Complex	5:00 P.M.
Bus to North Bay	186 Chippewa St. W	6:45 P.M.



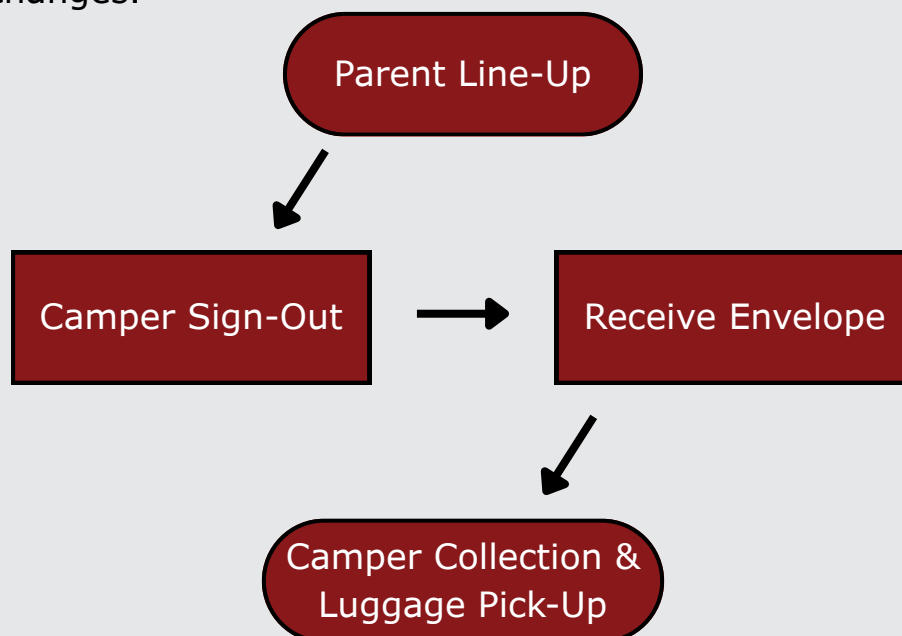
Sign-Out Procedure

When you arrive at your designated sign-out location, you'll be greeted by a John Island Camp staff member with a clipboard and the official sign-out list. After showing photo ID, you'll receive an envelope with your camper's name on it. Please keep this envelope with you, as it is required for your camper to be released.

- **Dock pick-up:** Parents and guardians will wait at the docks with the envelope while staff bring campers over by boat. Your camper will only be released once the envelope is presented.
- **Bus pick-up:** Please bring the envelope with you to the bus. A staff member will call for your camper and escort them off the bus once the envelope is shown.

Each envelope contains your camper's cabin photo, 48-hour camp check-in form, skills or streams growth report, and any medications brought to camp.

Campers will only be released to parents, guardians, or authorized pick-up persons listed in the registration system, and **photo ID is required**. Bus arrival times are estimates, with live updates shared on our social media channels if there are any changes.



A Typical Day At Camp

7:30 A.M. — Polar Bear Swim
8:20 A.M. — Morning Circle
8:30 A.M. — Breakfast
9:00 A.M. — Cabin Clean-up
9:30 A.M. — Cabin Program
10:30 A.M. — Morning Snack
10:45 A.M. — Cabin Program
11:45 A.M. — Free Swim
12:30 P.M. — Lunch
1:00 P.M. — Rest Hour
2:00 P.M. — Skills or Streams
3:15 P.M. — Afternoon Snack
3:30 P.M. — Skills or Streams
4:45 P.M. — Free Swim
5:30 P.M. — Dinner
6:30 P.M. — Happy Hour
7:45 P.M. — Evening Program
8:45 P.M. — Evening Snack
9:00 P.M. — Junior Camper Bedtime
10:00 P.M. — Senior Camper Bedtime

Camp Programs

Waterfront

- Canoeing
- Kayaking
- Swimming
- Sailing
- Paddleboarding

Adventure

- High Ropes
- Low Ropes
- Climbing Wall
- Initiative Games

Outdoor Living Skills

- Fire Building
- Shelter Building
- Nature Hike
- Archery

Creativity

- Arts & Crafts
- Drama
- Music

Streams & Skills

At John Island Camp, Adventure Camp campers choose two Streams to explore a wide variety of activities within each area, such as Waterfront, Adventure, Outdoor Living Skills, or Creativity. Streams allow campers to try new things and experience everything that area of camp has to offer.

Youth Camp campers focus on Skills, which let them develop their main interests. Five-day Youth campers select two Skills, while twelve-day campers select four Skills (two per week). Skills offered include Canoeing, Sailing, Kayaking, Arts & Crafts, High Ropes, and much more.

Selections are made upon arrival at camp. While we cannot guarantee that every camper will receive their first-choice activities, there are many other opportunities throughout camp to experience a wide variety of programs. Campers will receive a written report highlighting their growth and achievements.



Cabin Duties & Responsibilities

At John Island Camp, campers are encouraged to work together and take pride in their cabin. Each day after breakfast, campers have time to tidy their cabin—making beds, sweeping, and keeping personal belongings organized. These daily routines help campers build responsibility, cooperation, and teamwork. Cabins earn Cabin Stars for their cleanliness, and the cabin with the highest score for the week receives Cabin Stars pins and a special prize!

Each day, one cabin is chosen as Cabin-of-the-Day. This cabin takes on special responsibilities: waking other cabins for the morning Polar Bear swim, helping lead Morning Circle, and sweeping after meals. These fun duties give campers a sense of leadership, pride, and belonging while contributing to the camp community.

Campers also help with table setting and clearing during meals, and on out-trips they may assist with cooking and cleaning. Every task, big or small, helps teach the values of teamwork, cooperation, and pride in contributing to a shared community.

Personal Hygiene & Showering

At John Island Camp, we encourage good personal hygiene and provide guidance to help campers care for themselves. Each cabin is scheduled for one shower block per week, with priority given to cabins returning from out-trips. If a camper would like to shower more frequently, they can let their counsellor know, and additional showers may be scheduled during rest hour or before bed.

Campers also have the opportunity to swim up to three times daily. During free swim, those who bring their own biodegradable shampoo and conditioner may choose the “swim & wash” option to rinse off and wash.

Bedwetting

If bedwetting is a concern, please note that our staff are trained to deal with this discretely. Campers are encouraged to ask their counsellors for help, day or night, and every effort is made to prevent accidents. Campers who may wet the bed are asked to bring extra bedding to camp. Camp will quickly launder any soiled bedding. If you believe your child is likely to wet the bed, please make note of this in your camper registration forms.



Homesickness

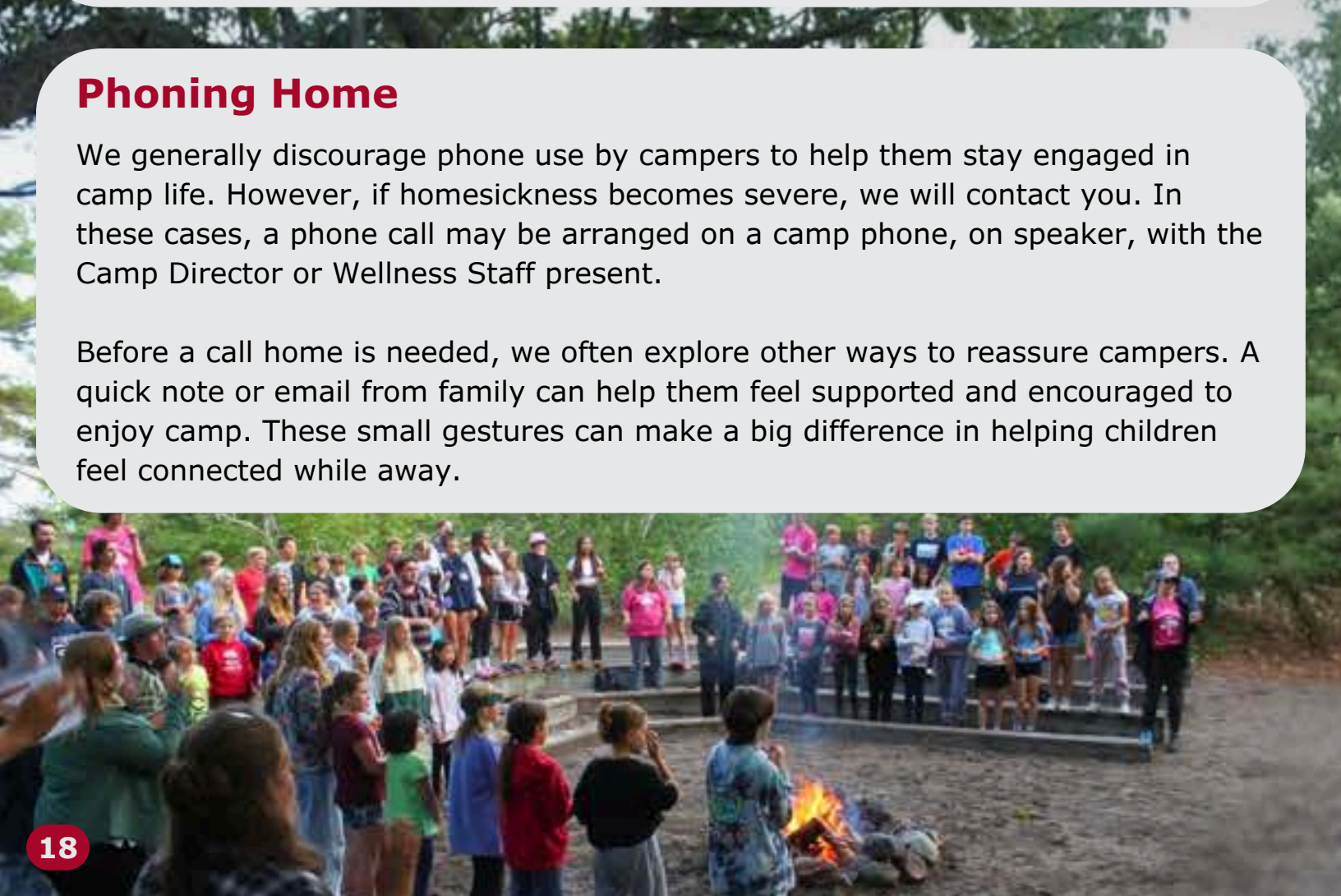
It's normal for children, especially those away from home for the first time, to feel homesick. This can range from mild worry to physical symptoms like stomachaches or headaches. Camp staff are trained to monitor for early symptoms of homesickness and to respond to individual needs and help children feel comfortable at camp.

In our experience, homesickness often passes with time and caring support. However, there are ways to help your child prepare. Talk about camp and the activities they're excited for, arrange short overnight stays beforehand, pack a personal item from home, use a calendar to show how long they'll be away, and send letters in advance for your child to receive at camp. Positive send-offs are important, and we encourage families to avoid making "deals" to bring campers home if they feel unsure or uncomfortable. While well-intentioned, these promises can unintentionally undermine a child's confidence in their ability to be on their own and set an expectation that the experience will be negative. If a camper becomes homesick, they may focus on the promise of being picked up rather than giving the camp experience time to take hold.

Phoning Home

We generally discourage phone use by campers to help them stay engaged in camp life. However, if homesickness becomes severe, we will contact you. In these cases, a phone call may be arranged on a camp phone, on speaker, with the Camp Director or Wellness Staff present.

Before a call home is needed, we often explore other ways to reassure campers. A quick note or email from family can help them feel supported and encouraged to enjoy camp. These small gestures can make a big difference in helping children feel connected while away.



Dietary Needs

At John Island Camp, we take all dietary restrictions seriously and provide alternatives at each meal. Please include all allergies and dietary needs when registering, and contact us at johnislandcamp@ymcaneoc.ca for severe or life-threatening allergies.

We also take extra precautions for campers with nut allergies. Our menu is designed to minimize risk, and our Tuck Shop does not sell items containing nuts. Please do not send any food products containing nuts with your camper.

Please talk with your camper about their responsibility in following their required diet and encourage them to speak with a staff member right away if they have questions or concerns about the food provided.

Tuck

Tuck is a fun treat for campers and is open every other day! Cabins receive an order sheet at breakfast, and counsellors help campers decide what they'd like. Orders are submitted before morning snack, and campers receive their goodies

Tuck offers tasty snacks like candy, chips, and Gatorade, as well as camp swag like stickers, hats, sweaters, and shirts—prices range from \$2–\$45.

NEW: John Island Camp is moving to a fully online tuck money system. All tuck credits must be added through your camper's registration, and **cash will not be accepted at bus stops**. Any unused tuck credits will be added back to your registration account and may be applied to future camp registrations.



Camp Rules & Behaviours At Camp

At John Island Camp, our rules are guided by our core values: Honesty, Caring, Respect, Responsibility, and Inclusion. Our staff are trained and experienced in providing high-quality care, ensuring every camper's needs are met. We ask that staff, volunteers, campers, and parents/guardians work together to support a safe and welcoming environment, both physically and emotionally. With these values in mind, our general camp rules are as follows:

- Respect each other
- Respect yourself
- Respect the natural world
- Respect John Island Camp

John Island Camp does have specific rules that could result in participants being sent home, at the expense of the parent/guardian:

- Violence toward others
- Abuse, harassment, or bullying of any kind
- Participant endangering themselves or others
- Abusive or threatening language towards staff or other participants
- Possession of drugs, alcohol, tobacco, or vaping devices
- Defacing of camp property or the natural camp environment

John Island Camp strives to create a community where everyone feels safe and comfortable. Bullying, fighting, harassment of any kind, and sexual activity will result in a camper being sent home at the discretion of the Camp Director at the parent/guardian's expense. All members of our camp community are expected to contribute to a safe and inclusive environment for everyone. Parents and guardians are welcome to contact the Camp Director at any time for clarification on these or other camp rules. Please review this information with your child.



Discipline At Camp

At John Island Camp, we believe children thrive when they know what to expect each day. Our goal is to help campers develop self-discipline, responsibility, and respect—for themselves, others, the natural world, and camp property—while keeping everyone safe and healthy.

When rules are not followed, campers may experience natural consequences appropriate to their age and actions. Corporal punishment, food withholding, harsh or humiliating measures are never used.

Conflicts can happen, from minor disagreements to more serious disputes. We view these moments as learning opportunities, and staff work with campers to resolve conflicts in a positive, constructive way.

Risk Management

All overnight camping programs involve some level of risk, as does any learning experience. We often describe our programs as high adventure, low risk—designed to challenge campers and provide memorable experiences while keeping safety as our top priority. Our goal is not to eliminate all risk, but to minimize it as much as possible while providing a safe and engaging environment. If you have any questions about the risks of our programs or the safety measures we use, please don't hesitate to contact the Camp Director.



Illness While At Camp

Camp is a busy environment, which can make managing contagious illnesses challenging. We work hard to know the health of all campers and staff and take every precaution to minimize the spread of illness. Our approach to injury, illness, and infectious disease follows local public health recommendations.

For common illnesses or viruses, campers may use beds in the Wellness Centre for short-term rest. If it becomes clear that a camper requires longer-term recovery, they will be asked to recover at home until they are no longer contagious. We do not have the staff to support long medical stays in the Wellness Centre, and recovery at home helps protect the rest of the camp community. Families are responsible for any prescription costs, and reimbursement for missed camp days due to illness is at the Camp Director's discretion.

We ask for vaccination information during registration so that if a related illness appears at camp, we can follow Public Health guidance and inform families of any necessary precautions. In the absence of any Public Health directives related to vaccination status, we will not be requiring vaccinations as a prerequisite for attendance in our programs.

In the event of high community transmission of infectious diseases, we may implement additional measures to reduce risk, such as masking, testing, or cohorting.



Ticks

Ticks are a part of Northern Ontario's great outdoors, and at John Island Camp, we make sure campers stay tick-aware while having fun! Most ticks we find are Dog Ticks, which are low risk, but campers are reminded to check themselves after trips, hikes, or exploring off the beaten path. Families can help by packing long sleeves, pants, closed-toe shoes, and insect repellent, and practicing tick checks at home. At camp, staff remind campers to check tricky spots like under arms, behind knees, in hair, around the waist, and ankles—mirrors are even available for extra help—so everyone can explore, play, and stay safe in the outdoors.

Use Of Health Cards

In accordance with the Health Card Numbers Control Act, your child's health card number will be kept confidential and used only for the purpose of securing health care at a licensed medical facility.

International & Out-Of-Province Campers

If your camper is not a resident of Ontario, please make arrangements for complete medical insurance coverage while at camp. Please be advised that camper families are responsible for all costs associated with medical treatment, including prescribed medication. Please ensure that you forward copies of all important documents, such as insurance coverage, prior to your child's arrival. Additionally, international and out-of-province campers are required to provide a local emergency contact who could pick up the camper in the event of illness or emergency.



Mail

Campers love receiving mail, so sending a letter or package is a great way to stay connected! We encourage positive, light-hearted messages—any sad news is best saved for when your child returns home.

As John Island is remote, mail takes a bit longer to arrive. Please send letters and packages well in advance of your camper's arrival. If you bring mail on arrival day, our staff can collect it and distribute it later in the week.

Please address mail to:

Camper Name and Session
c/o YMCA John Island Camp
Spanish, ON P0P 2A0

Parents and guardians are reminded that packages containing food should not be brought or sent to camp. Food in cabins attracts animals and can result in clothing and equipment damage, and sometimes can cause conflicts among campers.

Mail or packages arriving after a camper's session will be returned to sender, so please include your return address.



Bunk1 Email Services

We are pleased to continue using Bunk1 as a fun and easy way for families to stay in touch with campers at John Island Camp. Bunk Notes allow you to send encouraging messages, jokes, and love from home without waiting for regular mail. Messages sent through Bunk1 are printed daily at camp and delivered to campers during Rest Hour. Please note that Bunk Notes are one-way only—campers are not able to send replies through the system.

Families will receive a letter at least two weeks before their camper's session with clear instructions on how to register and get started. Bunk Notes are sent to camp with a one-day delay. Please note that there is a fee associated with using Bunk1's email service. If you experience any issues with sending messages, Bunk1 support can help directly at 1-800-216-9472 or support@bunk1.com

Camp Photos

At John Island Camp we do our best to take photos of our campers (whose caregivers have signed our media release) and make them accessible to our families. Over the years, there has become an increasing expectation for frequent photo updates from camp. While we strive to provide photo updates, we want our campers to remain engaged in program and with the natural world.

Please note that we do not have a dedicated photographer — photos are taken by our senior staff when possible. All photos must be uploaded onto a computer and reviewed to ensure campers without a media release form are not present in any photos. While we strive to share timely updates, we appreciate your understanding that photo posts may not be daily. We aim to post photos approximately once per week.

We upload weekly camp photos to Bunk1, where families can view and enjoy images from the session. If you choose to upload a profile photo of your camper, Bunk1's facial recognition feature can help identify and organize photos in which your camper appears. Families also have the option to purchase prints, magnets, and other keepsakes directly through Bunk1 using camp photos.

When You May Hear From Us

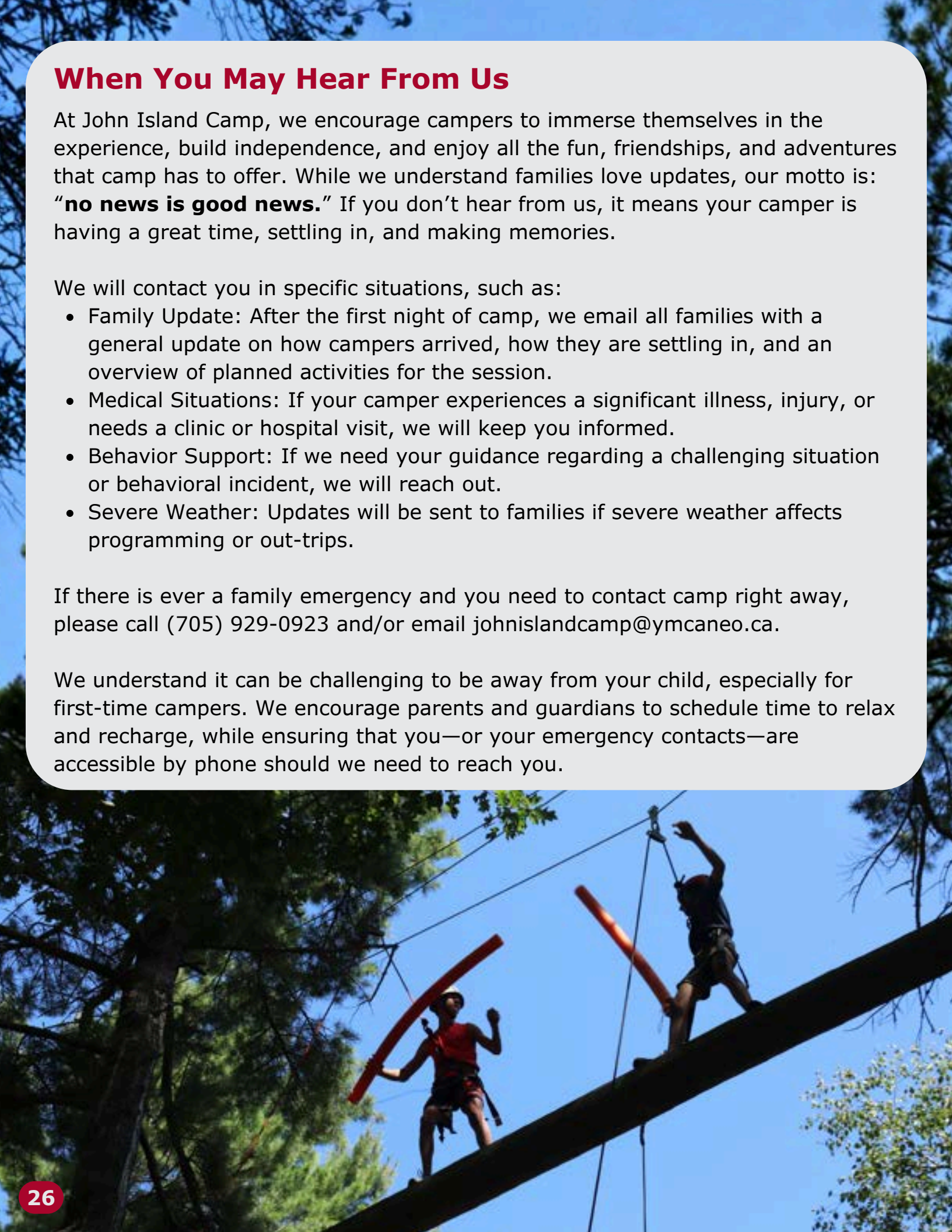
At John Island Camp, we encourage campers to immerse themselves in the experience, build independence, and enjoy all the fun, friendships, and adventures that camp has to offer. While we understand families love updates, our motto is: **“no news is good news.”** If you don’t hear from us, it means your camper is having a great time, settling in, and making memories.

We will contact you in specific situations, such as:

- **Family Update:** After the first night of camp, we email all families with a general update on how campers arrived, how they are settling in, and an overview of planned activities for the session.
- **Medical Situations:** If your camper experiences a significant illness, injury, or needs a clinic or hospital visit, we will keep you informed.
- **Behavior Support:** If we need your guidance regarding a challenging situation or behavioral incident, we will reach out.
- **Severe Weather:** Updates will be sent to families if severe weather affects programming or out-trips.

If there is ever a family emergency and you need to contact camp right away, please call (705) 929-0923 and/or email johnislandcamp@ymcaneo.ca.

We understand it can be challenging to be away from your child, especially for first-time campers. We encourage parents and guardians to schedule time to relax and recharge, while ensuring that you—or your emergency contacts—are accessible by phone should we need to reach you.



Sample Menu

The following menu is provided as an example of meals we may serve. Actual meals may vary.

Breakfast	Snack	Lunch	Snack	Dinner	Snack
Eggs Sausages Hashbrowns Toast	Fruit	Hot Dogs Fries Veggie Sticks	Oatmeal Muffins	Pasta Marinara Sauce Garlic Bread Caesar Salad	Cheese & Crackers
Waffles Bacon Fruit Salad	Fruit	Meatball Subs Chips	Rice Crispy Squares	Chicken Stir Fry Spring Rolls Rice	Popcorn
Breakfast Sandwiches Hashbrowns	Fruit	Grilled Cheese Tomato Soup	Popsicles	Pizza Caesar Salad	Cookies
Pancakes Bacon Hard-Boiled Eggs	Fruit	Mac n' Cheese Veggie Sticks	Granola Bars	Chicken Kabob Pitas Greek Salad Rice	Nachos

Contact Us

Email:

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