

If you would like to donate

Food

Cookies, squares, & other treats for snacks, please bring them to the kitchen upon arrival. Please label ingredients on homemade items.

Craft Materials

Paint, plastic eyes, river rocks, beads (wood bead car seat covers are great!), etc.

Silent Auction

Any new or gently used items for the auction during our Open House event.

Thank you!

Directions

From Montréal

- Highway **20 E.** to exit **173**.
- Highway **55 S.** to exit **88**.
- Turn left onto **Rte 116 E** to Richmond.

From Québec City

- Highway **20 W.** to exit **173**.
- Highway **55 S.** to exit **88**.
- Turn left onto **Rte 116 E.** to Richmond.

From Sherbrooke

- Highway **55 N.** to exit **88**.
- Turn **right** onto **Rte 116 E.** to Richmond.

From Richmond

- Continue on **Rte 116 E.**, until 2nd intersection with traffic lights
- Turn **left** at lights.
- On **Rte 116 E.** (7km) just after *J.N. Auto*, turn **left** at Chemin du Camp.



General Information

Camper arrival

Sunday at 5 p.m.

Staff will be available at 5 p.m. for supervision and not earlier.

You are welcome to visit for 1 hour at the scheduled arrival time. Campers will have supper at 6:30 p.m. Campers will be checked for lice and nits upon arrival.

Parents or driver must wait until your child or children have been cleared and "checked in" at the Dining Hall.

Camper Departure

Saturday at 10a.m.

Camper pick up at 10 a.m. Please check that your child has all of his/her luggage, Medicare card, etc.

For more information

Website: www.cabqc.ca

E-mail: Randy Johnston ~ (Director): cabqc@yahoo.ca

Phone: 819 826-5400, or 514 833-3877.

Dress Code

The CAB committee is focused on the health and welfare of our campers and staff. We take seriously the effects of the sun on exposed skin. Also, as a Christian camp we want to uphold modesty. We are asking for your co-operation in this matter.

Appropriate

- tops that cover shoulders & stomach at all times (includes banquet)
- modest one-piece bathing suit (bathing shorts for males)
- hats should be worn at outside activities

Inappropriate

- bikinis
- mini shorts that show buttocks or “skin tight” clothing
- Boys: undershirts or similar
- Girls: stringed shoulder strap tops and low cut necklines
- clothes with inappropriate comments or pictures (e.g. death, violence)
- clothes that advertise alcoholic beverages, cigarettes or drugs

Health Safety

For the health and safety of all campers and staff, please contact us from home if you have a contagious illness or need continuous treatment (e.g. lice). It is better for one person to stay home than to close the camp for a week. We will try to accommodate your child during another week or provide a refund (not including the administration fee).

Please do not bring a child to camp with the following:

(disease or symptoms should be over since at least a week)

Diarrhoea, vomiting, fever, rash, open sores, runny nose, skin or eye infection, scarlet fever, measles, mumps, chicken pox, whooping cough and lice nits.

In case of emergency or a medical problem, any cost of transport or medication will be billed to you so that you may reimburse us.

Thank you for your cooperation.

What to Bring

Mark full name of camper on all belongings! You can support CAB by buying labels at www.stuckonyou.biz

- Medicare Card & Completed Medical Form
- Bible (one will be provided if you don't have one)
- Pen or pencil
- Sun hat (cap, etc.) & Sunscreen
- Insect repellent (no aerosol cans)
- Toothpaste & Toothbrush
- Soap /Shampoo
- Other personal care items (perfumes attract bugs)
- Pyjamas – 2 pairs (1 cool, 1 warm)
- Summer clothes (see dress code)
- Jeans – 2 pairs (or other long pants)
- 2 one-piece bathing suits (no bikinis)
- Warm clothes (e.g. sweater, flannel shirt...)
- Sweatshirt with hood
- Underwear – 6 pairs
- Socks – 6 pairs (preferably cotton or cotton blend)
- Running shoes - 2 pairs
- Something neat for the banquet
- Raincoat or poncho
- Rain boots and /or waterproof sandals
- 2 big towels
- Sleeping Bag or 2 warm blankets
- Pillow with pillow case
- Flashlight (labelled)
- Plastic garbage bag (with camper's name taped on)
- Water bottle (labelled)
- Optional: book, sunglasses, musical instrument, camera, sports equipment, knapsack, bed sheets.

Do not Bring

Chewing gum, candy, money, cell phone, radio, electronic items (discmans, iPods, games, etc.), inappropriate literature, cigarettes, alcohol, illegal drugs.

If any of these items are brought to camp, they will be given to the Camp Director for safe keeping until the camper's departure (if it isn't something illegal).

No smoking or pets on site.