

Urban Camping

Teacher Information Package



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Welcome to Urban Camping

Thank you for booking the Urban Camping Program!

The Urban Camping program is a two-day overnight camping experience in Stanley Park. During the Urban Camping program, your class will explore forest, wetland and intertidal ecosystems, learn outdoor survival skills and camp overnight. Developed from an ecological perspective, the program fosters an appreciation for nature through environmental stewardship activities and by modeling sustainable living practices.

Checklist of Details and Important Dates

What?	When?
Mail your deposit cheque (\$500 per camp) to the Stanley Park Ecology Society.	Immediately
Read through this program information. Double-check your booking date. Begin fundraising if necessary.	Immediately
Print and distribute Parent Information Package. Please note there are consent forms for parents to sign and return to you in the Parent Information Package.	Immediately
The remaining balance must be paid by cheque, based on the number of students you confirm.	One month prior to your program
Email or fax us your completed Urban Camping Information form	One month prior to your program
Review details with your class on park etiquette, equipment to bring and dinner / clean up.	One week prior to your program
Divide your class into tent groups of 4 students each.	One week prior to your program

About the Stanley Park Ecology Society

Stanley Park Ecology Society promotes awareness of and respect for nature and plays a leadership role in the stewardship of Stanley Park through collaborative initiatives in education, research, and conservation. Our programs are made possible through the generous support of government programs, foundations, grants and donations.

Phone

School Programs: 604-257-6907
SPES General: 604-257-6908

On the Web

www.stanleyparkecolgy.ca
school@stanleyparkecolgy.ca

Our Mailing Address

Stanley Park Ecology Society
PO Box 5167
Vancouver, BC V6B 4B2



Fees

- * The fee for urban camping is \$1500 for up to 25 students. Five additional students may join you at a cost of \$50 per student to a maximum of 30 students.
- * Please confirm final student numbers one month prior to your program date so that we may purchase food and organize supplies.

Cancellation Policy

- * Your camp is reserved as soon as we receive your \$500 deposit. **Deposits are non-refundable.** Where a cancellation is made less than one month in advance, the Stanley Park Ecology Society may retain the program fee in full.

Adult Chaperones

- * We require at least 2 but no more than 3 adult chaperones (including the teacher). Chaperones are not required to pay program fees. We must have chaperones at all times, but you may choose to have two shifts of chaperones: daytime 9:00 am-4:30pm and nighttime 4:30pm-9:00am.
- * Note that if one chaperone is a teaching aide dedicated to (a) specific student(s), please invite an additional chaperone to help with the rest of the class.
- * Chaperones that plan on spending the night must arrive between 4:30 and 7:00 pm. Please call to make arrangements before your program date. Please do not arrange adult drop-in visits; these are very difficult to arrange while balancing group safety and security.

Emergency Contact Numbers

- * School Programs Office: 604-257-6907
- * Urban Camping cell phone: 778-871-1215

Safety and Security

Safety is our first priority in the Urban Camping program. Our leaders are trained in emergency first aid and they carry first aid kits and cell phones at all times. The camping site itself is situated in a large secure area which is fenced and locked. A professional security guard patrols the campsite each night between 11:00 pm and 7:00 am to ensure group safety. Ultimately, the responsibility for the students of course lies with the teacher. Please make sure that you review rules of appropriate behaviour with your class prior to the program.

Special Needs

If you have students with specific dietary requests or other special needs, please include this information on the Urban Camping Information form that you email to us one month prior to your program. Please contact us by telephone regarding any other considerations in regards to students, especially health or accessibility concerns.

Supplied Equipment

We will supply tents, sleeping mats, extra blankets, cooking supplies (except cutlery), food (except lunch on the first day) and first aid supplies. Students and adult chaperones will need to bring their own sleeping bags, pillowcases, cutlery, toothbrushes, clothing, any medication, and lunch for the first day. Do not bring a pillow- they can get moldy when wet, and there is very little storage space. For a pillow, you can stuff your empty pillowcase with extra clothes you aren't wearing. Bring a toque to sleep in, it will keep you nice and toasty!

Urban Camping Schedule

Each year, our activities vary, so use this schedule as a rough guideline for what to expect during your time in the park. We can be flexible with times to accommodate buses and carpools- just let us know in advance!

Day 1

- 9:15 Meet your leader in Stanley Park at the Clock Tower near the miniature railway. Unload gear, visit washrooms, make introductions and get ready to go on a forest hike.
-9:30
- 10:15 **Forest Fundamentals** - Discover the forest ecosystem. Meet giant trees and learn about this interconnected habitat.
- 12:00 Lunch
- 1:00 **Mysteries of the Marsh** - Hike to Beaver Lake and explore a wetland habitat with dip nets and magnifiers.
- 3:00 **Beach Explorers** - After a short snack and water break, explore an intertidal ecosystem, with seaweeds, crabs and sea stars.
- 4:00 Tent setup - Learn how to set up camp at the campsite.
- 5:15 Dinner - Learn how to cook dinner- everyone will have a chance to cook and help clean up afterward!
- 7:45 Return to tent site - Unload gear and enjoy some free time in tents.
- 8:30 Evening activities - Play games, sing songs, create skits and go for a night hike to Beaver Lake.
- 10:00 Get ready for bed.
- 10:30 Lights out. Everyone sleeps soundly, Zzzzzzzzz!

Day 2

- 6:30 Wake up, take down tents, pack bags, and share your experience about what it was like to camp out in the wilderness.
- 8:00 Prepare, eat, and clean up breakfast.
- 9:00 **Stanley Park Survivor** - Experience wilderness survival and learn to tie knots and build a shelter in the great outdoors.
- 11:30 Shelter Show and Tell
- 12:00 Head back to picnic shelter, prepare lunch and eat it up!
- 1:30 Wrap up - Pack up and reflect on your urban camping adventures.
- 2:00 Head home!



Urban Camping Menu

The Urban Camping program does its best to provide healthy, natural foods for students, staff and chaperones. We choose local and organic ingredients wherever possible, and our meals align with Canada's Guide to Healthy Eating. Our meals are nut-free and vegetarian with optional dairy.

We are able to accommodate a range of dietary requests given advance notice: please include this information on the Urban Camping Information form that you send to us one month before your program.

Day 1	Day 2
Morning snack <ul style="list-style-type: none">• Provided by participants	Breakfast <ul style="list-style-type: none">• Energizing oatmeal or cold cereal with milk (dairy or soy)• Fresh fruit• Juice
Lunch <ul style="list-style-type: none">• Provided by participants - please pack in reusable containers to help reduce waste	Snack <ul style="list-style-type: none">• A delicious and healthy surprise!
Dinner <ul style="list-style-type: none">• Comforting pasta with tomato sauce• Appetising veggies on the side• Fresh dinner rolls• Juice and healthy dessert	Lunch <ul style="list-style-type: none">• Delectable wraps made with whole wheat tortillas, beans, rice and all the fixings• yummy snack

**A note about snacks: campers will not be allowed to store food in their tents, as it can attract animals. Bringing 'midnight snacks' is strongly discouraged.

Food Preparation & Clean-up

- One of our program goals is to help students gain some practical, hands-on experience with food and to have fun in its preparation.
- Dinner begins with a stove demonstration and a guided discussion on sustainable eating.
- Cooking and preparation tasks are shared among students.
- Students help wash and dry dishes, clean tables and put away equipment before dessert and free time.



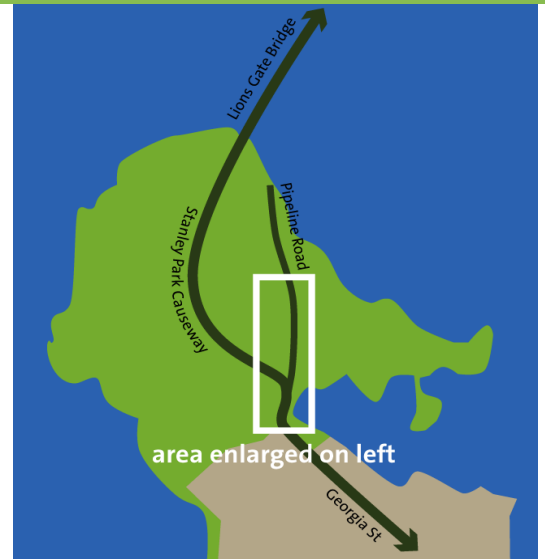
What to Bring Checklist

Clothing List		*Avoid cotton wherever possible-you will be very cold if it gets wet
Item	Quantity	Notes
Waterproof shoes	1 pair	Bring comfortable shoes for walking on forest trails. These shoes may get wet or muddy!
Gloves Warm hat	1 of each	Pack these even if it's warm out. At night and in early morning in spring it gets surprisingly cold!
Waterproof jacket Warm sweater	1 of each	Again - pack these even if the days are warm. They'll help you out at night. Fleece and nylon are best.
Wool or fleece socks	3 pairs	These will help keep your feet warm even if it's wet outside.
Long-sleeved shirt Short-sleeved shirt	1 of each	Put the long-sleeved shirt in your daypack.
Pants	1 pair	Ideally made from fleece or nylon. Avoid jeans if possible: they take very long to dry if wet!
Pajamas	1 pair	Pack these in with your sleeping bag and pillow case.
Sun hat	1	For example, a ball cap. Put this in your daypack.

Equipment List		*Your mission: Pack as light as possible. Do not bring any valuables
Item	Quantity	Notes
Small backpack for day use	1	Contents: lunch, cutlery, toothbrush, toothpaste, long shirt, sun hat, water bottle.
Lunch (for Day 1) in reusable container	1	Please pack lunch in reusable containers to avoid waste. Put this in your daypack.
Sleeping bag Empty pillowcase (no pillow)	1 of each	Please store these in a stuff sac or duffel bag (NOT a plastic or garbage bag!) labelled with your name. Do not bring a pillow- they can get moldy when wet, and there is very little storage space to keep them in. For a pillow, stuff the empty pillowcase with extra clothes you aren't wearing.
Any personal medications	Enough for 2 full days	Let the teacher know any medication needs.
Dinner fork and spoon	1 of each	Label your cutlery with your name and put the fork and spoon in your daypack. No knife is necessary.
Toothbrush Toothpaste	1 of each	Put these in your daypack.
Sunscreen		You only need a small amount. Share this with a friend or bring one per tent group.
Flashlight (optional)	1	One lantern is supplied per tent.



Map and Directions



Driving Directions from Vancouver:

- Travel northeast on Georgia St. past Denman St.
- Take the right lane exit into Stanley Park.
- Travel straight through the traffic circle, up the hill.
- Take the first right-hand turn, following the signs for the Stanley Park Pavilion. Follow this road past the Pavilion and Bus Loop to the parking lot on your right.
- Alternately, you can also follow the signs for the Miniature Railway, taking the third right-hand turn from Pipeline Road and turning directly into the parking lot.

Driving Directions from the North Shore:

- You will have to turn around after the Lions Gate Bridge to access the Stanley Park entrance from Georgia Street.
- To do this, follow Georgia Street past Denman Street, to Bidwell Street.
- Turn right on Bidwell Street, right again on Alberni Street, and a third right onto Denman Street.
- From Denman Street, turn left onto Georgia Street and get into the right-hand lane. Enter Stanley Park and continue following the directions from Vancouver above.

Park Etiquette for Students

Stanley Park is home to many plants and animals. All of us are visitors to this home! As with all home visits, certain rules of good behaviour apply. For your safety and the safety of the animals, please take the time to review these rules with students before your park visit:

1. Do not feed or pretend to feed park animals. Trust them to find their own food.

Feeding wild animals is detrimental in many ways:

- Animals become bolder and more aggressive
- Human food makes animals sick or malnourished
- Animals become dependent on humans to feed them
- Certain animal species become overpopulated when fed by humans

2. Do not try to pick up or pet park animals.

The animals in the park are wild. Many have become accustomed to people and will let you get close to them, but they will become frightened if you try to touch them. If frightened, they are known to bite!

3. Do not pick plants, flowers, berries, leaves or mushrooms in the park.

These are food and shelter that wild animals depend on to live. Please leave everything for them and for others to enjoy.

4. Listen to the leader and raise hands to speak.

Leaders will stop along the path as we go. The children are encouraged to talk with each other on the trails. However, when the leader stops to give directions about the next activity we request that children remain silent.

5. All students must stay behind the leader when walking along park trails.

The leader is the only person in the group who knows where to go. Follow us and we'll guide your adventure on and off the trails.



Frequently Asked Questions

When do I need to have my payment and camp information to you?

Send your deposit in ASAP to reserve your spot. Be sure to send your cheque and email or fax your Urban Camping Information form at least one month prior to your camp. We use this information to ensure we have adequate food and appropriate equipment for your program date.

How many students can you accommodate per camp?

A minimum of 20 and a maximum of 30 students are allowed per camp.

How many chaperones can I bring?

A minimum of 2 and a maximum of 3 adult chaperones (including the teacher) are required. A mix of male and female chaperones can be helpful. Chaperones arriving for the overnight stay only must arrive between 4:30 and 7:00 pm. We will provide them with parking passes. Adults not planning to spend the night **may not** drop in.

Do I have to stay overnight with my class?

Yes indeed! For groups safety and management, we require the teacher to stay over night

How cold does it get at night during our stay?

Although it may seem strange to pack a toque and long underwear in the warmer months of spring and summer, it gets very cool and damp in the forest in the late afternoon and early morning. Sometimes temperatures reach as low as 4 C. Be prepared!

How much time do I have to notify staff of any last minute changes?

Any special requests must be discussed with the Urban Camping Leaders at least one week prior to your camp.

Will there be a campfire?

Due to Park Board regulations, we are unable to have a fire during your stay. We do provide each tent with a decorated rechargeable battery powered Coleman lantern. Definitely not as wonderful as a real fire, but it's the best we can do!

What is Plan B if the weather is too miserable to spend the night outside?

If it happens that your camp lands on a overly rainy or windy night, the Urban Camping Leader will decide on whether or not to move your camp to an indoor location. We have a carpeted indoor space with washrooms available just in case.



Curriculum Connections

Urban Camping is a cross-curricular program. Activities are matched to the BC Prescribed Learning Outcomes for Science, Social Studies, Health and Career Education and Physical Education. Some are listed below, please contact us for a complete list:

Ecology Activities: Science and Social Studies

Grade 4	
Science	<ul style="list-style-type: none"> compare the structures and behaviours of local animals and plants in different habitats and communities determine how personal choices and actions have environmental consequences
Social Studies	<ul style="list-style-type: none"> apply critical thinking skills – including comparing, imagining, inferring, identifying patterns, and summarizing – to selected problems and issues describe Aboriginal peoples’ relationship with the land and natural resources
Grade 5	
Science	<ul style="list-style-type: none"> analyse how BC’s living and non-living resources are used analyse how the Aboriginal concept of interconnectedness of the environment is reflected in responsibility for and caretaking of resources
Social Studies	<ul style="list-style-type: none"> describe the location of natural resources within BC and Canada explain why sustainability is important
Grade 6	
Science	<ul style="list-style-type: none"> analyse how different organisms adapt to their environments distinguish between life forms as single or multi-celled organisms and belonging to one of five kingdoms: Plantae, Animalia, Monera, Protista, Fungi
Social Studies	<ul style="list-style-type: none"> assess the relationship between cultures and their environments
Grade 7	
Science	<ul style="list-style-type: none"> assess survival needs and interactions between organisms and the environment assess the requirements for sustaining healthy local ecosystems evaluate human impacts on local ecosystems

Outdoor & Camping Activities: Physical Education	Meal Preparation & Clean-up: Health and Career Education
Grade 4	Grade 4
<ul style="list-style-type: none"> demonstrate an ability to participate safely in specific physical activities 	<ul style="list-style-type: none"> describe choices they can make for healthy eating
Grade 5	Grade 5
<ul style="list-style-type: none"> analyse the relationship between nutrition and physical activity demonstrate leadership in physical activity 	<ul style="list-style-type: none"> describe strategies for contributing to a healthy, balanced lifestyle, including healthy eating, integrating regular physical activity, and maintaining emotional health
Grade 6	Grade 6
<ul style="list-style-type: none"> analyse nutritional considerations for physical activity 	<ul style="list-style-type: none"> describe transferable skills that are developed through school and recreational activities
Grade 7	Grade 7
<ul style="list-style-type: none"> analyse the relationship between personal nutrition choices and participation in physical activity 	<ul style="list-style-type: none"> identify skills that are transferable to a range of school and recreational situations