Who is the Stanley Park Ecology Society?
Stanley Park Ecology Society promotes awareness of and respect for the natural world 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.
Welcome to Nature Ninjas Overnight Camping

Students have been camping in Stanley Park since 1997 with Stanley Park Ecology Society’s Urban Camping program. Now, Your child will join the thousands of students who have camped under the stars with us. Throughout this time classes have joined us in exploring the Park, seeing frogs, salamanders, raccoons, woodpeckers, owls, bats, and beavers!

Who are *Nature Ninjas*? They are highly skilled masters of their environment. They have a deep understanding of the world around them and leave no trace of their presence. They learn to read the book of nature through nature songs, stories and games.

You can read more about it here: [http://stanleyparkecology.ca/education/school-programs/nature-ninjas/](http://stanleyparkecology.ca/education/school-programs/nature-ninjas/)

Our leaders are experienced, first aid certified and carry cell phones and first aid kits at all times.

We’re delighted to have your child share this camping experience with us!

**What Parents Need to Do**

- Read through this parent information package.
- Review the list of what to bring to *Nature Ninjas* with your child. Make sure that they pack everything on the list - and that they don’t pack things that aren’t on the list!
- Fill out the medical and consent forms on pages 7 to 9 of this package. Sign the forms and return them to your child’s teacher as soon as possible.

Don’t hesitate to call School Programs at 604-257-6907 if you have any questions or concerns.

[www.stanleyparkecology.ca](http://www.stanleyparkecology.ca)
school@stanleyparkecology.ca

*Photo: Anthony Ho*
Details at a Glance

Safety and Security
Safety is our first priority in the *Nature Ninjas* program. Our leaders are first aid certified and 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 is on hand at the campsite each evening and into the night to ensure group safety. For security reasons, unless you are a chaperone, please do not drop in to visit your child’s class on the trip.

Emergency Contact Number
If an emergency arises during your child’s *Nature Ninjas* trip, you can contact us by phone:
- School Programs Office: 604-257-6907 (during business hours)
- *Nature Ninjas* Leader: 778-871-1247 (all hours, including overnight)
Alternatively, make arrangements to contact the teacher.

Medications
If your child is taking any medication, please indicate this on the medical and consent form. Ensure that they have packed two full days’ worth of medication and that they know how and when to take it properly. Your child’s teacher should be informed to help remind the student about medication where necessary.

Supplied Equipment
We will supply tents, sleeping mats, extra blankets, cooking supplies, food (except lunch on the first day) and first aid supplies. Students will need to bring their own sleeping bags, pillows, toothbrushes, clothing, any medication and lunch for the first day.

About Packing
There are some basic things to remember about packing for *Nature Ninjas*:
- Make sure bags are as small and light as possible. A day bag and a night bag are needed.
- We recommend that students pack their own bags so that they know where their belongings are and know how to repack them for going home.
- Do NOT bring valuables. We cannot safeguard belongings such as ipods or video games.
- Students will be asked to carry, load and unload all of their own gear.
- Please do not pack into plastic bags. They tear easily and animals in the park can eat into them.
- It is always colder in the forest and at night! Please pack warm, waterproof clothing, even if the days have been warm. Sweaters, gloves, warm hats and jackets are necessary.
- Rain gear is available, but not boots. Make sure footwear is appropriate for lots of walking, running and potentially getting wet. Bring a waterproof jacket if possible.
- Try to avoid jeans and other cotton clothing if possible. When wet, cotton holds moisture and will make you very cold. Choose wool or synthetic whenever possible.
- If you do not want your child to bring a pillow, they can bring an empty pillowcase. Participants can stuff the empty pillow case with extra clothes that aren’t being worn.
Nature Ninjas Menu

“A Nature Ninja honours their bodies with healthy food.”

Healthy food fuels strong bodies and sharp minds. All meals will be simple and camp style, and at the same time plentiful, nutritious and child friendly. Camp organizers choose local and organic ingredients wherever possible, and our meals align with Canada’s Guide to Healthy Eating. Meals are all nut-free and vegetarian with optional dairy.

Students will learn food preparation skills by assisting in the preparation and clean-up of shared meals.

Example menu:
(Note that this is just a sample. Meals will be determined close to camp date based on group needs.)

Day One
Morning snack and lunch Provided by participants. Please pack in reusable containers to help reduce waste
Afternoon snack Cheese and apples
Dinner Delicious pasta with tomato sauce, side salad, dinner rolls and healthy dessert

Day Two
Breakfast Energizing oatmeal or cold cereal with milk, fresh fruit
Morning snack Nut-free trail mix
Lunch Delectable burritos made with whole wheat tortillas, beans, rice and all the fixings

Special Needs
If your child has specific dietary requirements, please write this on the medical and consent form that you return to your child’s teacher. Our camps are all nut-free with dairy-free alternatives. We do our best to accommodate special dietary needs, but if your child is particularly sensitive, please consider packing extra food for the trip. Tell your child’s teacher about any other special needs, especially health or accessibility concerns.
### Clothing List
Avoid cotton wherever possible. It absorbs moisture, keeping you cold if it gets wet. Choose wool or synthetic wherever possible.

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

### Equipment List
Ninjas need to be quick on their feet. Your mission: pack as light as possible. Do not bring any valuables!

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small backpack for day use</td>
<td>1</td>
<td>Contents: snack, lunch, long shirt, sun hat, water bottle.</td>
</tr>
<tr>
<td>Lunch (for Day 1) in reusable container</td>
<td>1</td>
<td>Please pack lunch in reusable containers to avoid waste. Put this in your backpack. Include a water bottle.</td>
</tr>
<tr>
<td>Sleeping bag, Pillow</td>
<td>1 of each</td>
<td>Please store these in a stuff sac or duffle bag (rather than a plastic or garbage bag) labelled with your name. If you do not wish to bring a pillow you can bring an empty pillow case. This can be stuffed with extra clothes that aren’t being worn.</td>
</tr>
<tr>
<td>Any personal medications</td>
<td>Enough for 2 full days</td>
<td>Let the teacher know any medication needs.</td>
</tr>
<tr>
<td>Toothbrush, Toothpaste</td>
<td>1 of each</td>
<td>Put these in your nightpack.</td>
</tr>
<tr>
<td>Sunscreen</td>
<td></td>
<td>You only need a small amount. Share this with a friend or bring one per tent group.</td>
</tr>
<tr>
<td>Flashlight (optional)</td>
<td>1</td>
<td>One lantern is supplied per tent.</td>
</tr>
</tbody>
</table>
Driving Directions from Vancouver

- Travel northeast on Georgia St. past Denman St.
- Take the right lane exit into Stanley Park.
- Travel straight through the roundabout (take the second exit).
- Drive up the hill along Pipeline Road. Take your first right after the rose gardens.
- Follow this narrow road between the rose gardens and the trees past the Stanley Park Pavilion to the Miniature Railway parking lot.

Public Transit Directions

After you get off the #19 bus, walk north towards the Miniature Railway parking lot. We will meet you at the gates to the Miniature Railway.

For interactive directions, this map is also available at http://ow.ly/pUTTS
Please return completed form to your child’s teacher

Basic Information

Child’s name ___________________________ Care Card # ___________________________
Parent/Guardian name __________________________
Home phone ___________ Work/ Cell phone ___________________________
Emergency contact name __________________________ Relationship __________________________
Home phone ___________ Work/ cell phone ___________________________

Medical Information

Please list all medications your child is taking (including name, dosage and times taken):
______________________________________________________________

Has your child been immunized against tetanus?  □ YES □ NO □ Don’t know

Allergy Information

Please list any food, medication, or environmental allergy your child has.
______________________________________________________________

Please classify the allergy  □ Severe (life threatening) □ Moderate □ Mild

What do staff need to know to take precautions against this allergy?  
(Ex. No nuts for entire class, epipen information, puffer)
______________________________________________________________
Medical and Consent Form: Page 2

Dietary Information

Does your child have any dietary restrictions?

☐ No  ☐ Yes (If yes, please give us more info below)

☐ Allergy:_________________  ☐ Severe  ☐ Moderate  ☐ Mild

☐ Vegan  ☐ Vegetarian  ☐ Cultural  ☐ Other (please describe):_______________

Please describe any conditions that you think teachers and Nature Ninjas staff should be aware of (headaches, asthma, fear of the dark, separation anxiety, etc.):

________________________________________________________________________

Please read and check the following and sign below:

☐ I permit my child to participate in the overnight Nature Ninjas camping program

☐ I will arrange for my child to be picked up if he or she acts inappropriately or does not follow all reasonable instructions given by Nature Ninjas leaders or school staff

☐ I acknowledge that, while well supervised, the Nature Ninjas program is an active outdoor experience. As with all active outdoor programs, there is a possibility that students may injure themselves or require medical attention

☐ I authorize the Nature Ninjas Leaders and/or school staff to seek medical attention for my child if required

Parent name

________________________________________

Signature

________________________________________

Date

________________________________________
CONSENT FORM

Consent for Stanley Park Ecology Society to use photographic, audio and/or video recordings

I, the undersigned, free and forever, authorize myself ______ and/or my child ________ (please fill as appropriate) to being photographed or videotaped, whether by digital or other means, by or for Stanley Park Ecology Society (SPES), with the understanding that said photographs or videos (RECORDINGS) may be used for publicity and/or fundraising purposes by SPES now or in the future without further compensation or consideration to me, and without any ownership in the RECORDINGS being conferred upon me.

I hereby assign to SPES, any right, title and interest I currently have or may have in the future with respect to the RECORDINGS and, for certainty, do hereby grant SPES the right to reproduce, use, exhibit, broadcast, distribute and create derivative works of the RECORDINGS. The grant includes, without limitation, the right to use the RECORDINGS in any way that SPES, in its sole discretion, deems appropriate in connection with events, programs, public service announcements and/or promotions including the sharing of the recordings with our direct fundraising partners/affiliates. Such SPES authorized use of the RECORDINGS would include, without limitation, webcast/website, television broadcast, illustration, promotion, advertising or publication, whether in print or electronic form, and includes without limitation access to social media websites and applications. Furthermore, I understand that SPES has no obligation whatsoever to use the RECORDINGS in the manners described herein.

I understand and accept that I hereby release and forever discharge SPES, affiliated, member or related organizations and their respective officers, employees and volunteers of and from any and all liabilities, demands, debts, actions or causes of action whatsoever which I at any time had or may have in the future of my appearance or participation in the RECORDINGS.

I have read and understood this consent form:

Student
Signature: ______________________________
Date: ___________________________________
Print name: ______________________________
School: _________________________________

(please include at least one way for us to contact you if needed)
Telephone: ______________________________

Parent/legal guardian

(needed for individuals under 19)
Signature: ______________________________
Date: ___________________________________
Print Name: ______________________________
Email address: ____________________________

(please include at least one way for us to contact you if needed)
Telephone: ______________________________

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