



Welcome to Camp McDougall!

Over the course of your week at camp, you will have the opportunity to experience a wide range of fun summer activities! We will be swimming, hiking, playing, singing, using our creative minds, and so much more! When you get to camp, you will be assigned to a cabin with a Counsellor and a handful of friends! Our cabins will be where we sleep, store our belongings, and spend time with our cabin mates. On your first night, you will have the opportunity to meet all of our amazing staff and all of our new friends at camp! At the end of the night, we will have a campfire to get all of our sillies out and prepare us for the next day ahead of us.

Throughout the week, we will participate in some super exciting sessions! We have our Sports and Recreation sessions with Sam, our Waterfront sessions with Aidan and Andee, our Arts and Crafts sessions with Avery, and our Living and Learning session with the Chaplain of the week! Sessions are an excellent time to learn some new skills, practice some old ones, and have lots of fun. For these sessions, you will be separated into Session Groups where you will have the opportunity to meet and interact with campers from other cabins! Exciting, right? During the day, there will be a world of other activities that you will learn all about once you join us here at camp!

On Thursday, we have an activity that we call the Bog Run! The Bog is a big mud river that runs through one of the trails at camp! During the Bog Run, staff and campers have the opportunity to jump in and get themselves all dirty and muddy before running back into the lake! If this is something that sounds interesting to you, be sure to pack some clothes and shoes that you would be comfortable throwing away as the bog can get pretty stinky and is very hard on our clothing. It is not a mandatory activity, but it sure is fun!

I hope that you are as excited as we are! We cannot wait to see you and to make countless memories over the course of our time together at Camp McDougall! Be sure to bring your enthusiasm, your silliness, and your respect when you come to camp! That is what will allow you to have one of the best weeks of your life! See you soon!!

Halle, Director of Camp      Ayla, Program Manager