

ACCVI Summer Camp Information Guide Bendor Mountain 2023

Purpose and Intent of the ACCVI Summer Camps

The purpose and intent of the ACCVI summer camps are to provide a variety of remote mountain experiences and opportunities to club members. Activities may include mountaineering, glacier travel, rock climbing, hiking, and scrambling, within a social, supportive, team-oriented environment.

Predominantly, the ACCVI looks for a combination of good mountaineering and hiking opportunities in choosing a camp location; however, no particular activity is certain to be available given the uncertainty of actual conditions on the ground.

Camper Participation

The ACCVI summer camps require considerable planning, budgeting and preparation ahead of time, and represent a collective effort to bring together a team for each week's camp. In this respect, interested members are expected to understand and respect all Summer Camp policies as set by the Summer Camp Committee and the Camp Manager.

It is expected that all club participants will contribute in some way to the considerable work of preparation and cleanup/maintenance of the communal camp gear. Contributions include: checking gear and erecting tents beforehand, shopping for consumables, packing the trailer, cleanup and post camp inventory and maintenance.

Participants are also expected to contribute to operation of the camp – they are expected to be active in camp life, sleep in camp every night, participate in group activities, and assist in maintaining a low environmental impact camp.

Camp Location

The ACCVI Summer Camp is located in a different isolated high alpine location each year. The base camp location is selected in a valley above the tree-line with access to water, space to accommodate personal and common tents, and a variety of day-hike destinations and mountaineering objectives.

What to expect at the camp location

You can expect that the terrain around the base camp is wild and rugged, without trails, with lots of ankle-twisting rocks, boulders, patches of thick brush, creeks to cross and wet seeps. Because the camp is in a valley basin, most day hike destinations involve uphill climbing, and sometimes long and very steep climbs. Most locations also offer gentler slopes that access flower-covered hillsides, glacial tarns and plateaus. In some locations there are persistent snow patches or glaciers that provide recreation or impede movement. The weather, of course, cannot be predicted, but rain and snow are not unknown during summer camp. Forest fire smoke may move into an area. Winds and biting insects are usually present.

Basic Camp format

- The fly-in summer camps allow for 15 people (up to 20 for Family Week camps) to fly into a remote area for one week (Sunday to Sunday), to be replaced by another 15 participants, for up to four consecutive weeks depending on demand. Participants are expected to get themselves to a designated staging area, ready to fly by early Sunday morning, which usually means being close to or at the staging area by the Saturday evening.

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- A Camp Manager (and possibly Assistant Camp Manager) is assigned to oversee each week's camp preparation and operation, and may meet with participants beforehand to go over gear, travel, food, and other details.
- There are no hired mountaineering instructors or guides in camp.
- There are no hired medical practitioners in camp.
- Campers bring their own personal gear (clothing, camping gear, and mountaineering equipment – see List of Recommended Gear, Appendix A) and food (see below). A strict weight limitation (typically **85 lb**) is imposed on each participant to ensure safe helicopter transport.
- ACCVI provides two large dome tents for the base camp: one as a shelter and social tent; the other as a mess tent. All kitchen utensils for food preparation, cooking, eating and wash-up are provided, along with stove, fuel, tables and seating.
- Participants of the first week set up base camp: they erect the dome tents, dig waste-water holes and biffies, organize the kitchen and food storage, and may set up a shower stall. This takes several hours on the first day. Campers on the last week take down the camp and pack it up for return. This takes several hours on the last evening and last morning.

Daily activities

- Each day, groups assemble for different trips based on recreational interest. Often the next day's objectives are discussed the evening before.
- The Camp Manager is not expected to lead mountaineering activities; however, experienced participants may lead day trips and/or mentor others.
- Participants spend most days in small self-guided groups walking, hiking, scrambling, crossing glaciers, and/or achieving mountain summits or technical rock-climbing objectives.
- The length and duration of any day's activities depends on the particular group, but typical groups are away from camp for 6 hours to 8 hours, and sometimes more.
- Groups sign out and in in a log book, and take Family Radio Service radios (FRS radios) for regular safety communication with other members of the camp. As a safety check, every two hours each group radios their status to each other group.
- In the evening people come together to share stories, relax and eat before retiring to individual tents.
- Camp chores are shared among all campers. Daily chores include activities such as fetching water, disposing waste water, maintaining food cold-storage bins, checking radios and batteries, and tidying common tents. Occasional chores include managing waste water disposal holes, digging new biffies, and assisting the camp manager with any camp maintenance issues.

Food and meals

- Participants bring their own food for breakfasts, lunches, snacks, and drinks.
- Dinners are communal. Participants pair with another member to prepare one dinner for all people in the camp that week (typically 15).
 - This shared, alternating responsibility for the preparation of the significant evening meal is more efficient use of fuel and space in the cooking tent than preparing individual or small-group dinners.
 - As well, cooking for the group provides flexibility for all members to make the most of every day, except on the one day they are responsible for preparing dinner, and provides the opportunity for all members to creatively consider and contribute to others' pleasure and dietary needs. This is part of the social interaction and team effort of these camps.
- When planning food to bring for self or the shared meal, campers must be cognizant of strict weight and space limitations of the helicopter. Careful planning for portion size of the shared meal is essential so left-overs and food

waste are minimized. Disposal of food waste can attract rodents and/or bears, which in turn can create a significant safety risk for campers.

- People with allergies or food sensitivities may bring supplemental food of their own while participating in the communal meals to the degree possible. Most allergies and sensitivities will be addressed in the camp planning process – that is, participants are asked to respect allergies and sensitivities identified by other campers when planning what to bring and/or how their communal meal is prepared and presented.
- Participants should NOT count on refrigeration at camp, although we make every attempt to use the snow pack or a cold creek where possible. Bear-resistant canisters are provided for non-perishables.
- Water treatment or filtration is NOT provided – bring your own treatment or filter if you deem this necessary.

Safety considerations

Safety while in camp and on daily expeditions is a key element of success of Summer Camp.

OVERALL SAFETY

- Applicants who have not attended Summer Camp before and/or are unknown to the Summer Camp Committee are required to complete a New and Unknown Registrant Questionnaire to provide a summary of their mountaineering experience and fitness level (see Camp Registration section, page 5).
- All participants must sign the Alpine Club of Canada’s waiver form on the first day of camp, before boarding the helicopter for the flight into camp.
- Although there are no hired medical practitioners in camp, it is likely that each camp week will include some members who have first aid training, current or expired.
- There are no hired hiking guides or instructors in camp. A mix of hikers, technical climbers and mountaineers comprise each week’s roster, and some mentoring within the bounds of safety may be offered. Members are encouraged to participate in activities within their comfort level.
- Participants under 19 years of age must be accompanied by a parent or guardian. We strongly encourage parents with youth to register for Summer Camp Family Week (see p. 4).
- The Camp Manager is tasked with ensuring all campers follow established safety measures spelled out in guidance material provided to the Camp Manager in the Camp Manager’s Manual. Much of this safety material is presented by the Camp Manger during pre-camp meetings with participants, and is reiterated and demonstrated on the first day at camp.
 - The Manual covers topics such as food storage, bear-proofing, FSR radio check-in, use of satellite radio, management of emergencies, kitchen sanitation, and garbage and recycling management.
 - Participants are expected to use common safety sense, and to adhere to established safety measures and the guidance of the camp manager.
- A satellite phone is kept in the camp, for emergency use only.
 - The satellite phone is used for outgoing emergency calls and a scheduled administrative call once a week; it is not turned on at a regular time to monitor for incoming calls.
 - The Camp Manager’s Manual includes emergency numbers and procedures, and instructions for use of the satellite phone.
 - The satellite phone is NOT for campers to call out. If someone may need to contact a camper in the case of emergency, they should be provided with contact information for the helicopter company, in the event the camper needs to be picked up and flown out (at their own expense).
 - Batteries, battery chargers, and solar chargers are kept in camp for use ONLY for camp FSR radios and the satellite phone; they are NOT for personal use.
- Participants are expected to follow guidance presented in the ACCVI Summer Camp Communicable Disease Management Plan 2023 (Appendix B).

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- Participants from outside BC should ensure their personal medical coverage is sufficient. Emergency evacuation by Search and Rescue in BC is free of charge, however other emergency medical, hospital and transportation costs can be substantial.

DAILY SAFETY

- Participants are highly discouraged from undertaking solo excursions from camp. Group size improves response and outcomes from accidents, injuries, getting lost and other emergencies. The time for others to locate and administer assistance to a lone hiker in an emergency situation can be substantial.
- While away from camp participants are expected to carry foul weather clothing, survival gear and their own personal first aid kit and necessary medications.
 - Campers are advised to give a duplicate set of medications to another camper in case their own supply is lost or damaged (e.g., gets wet).
- Each hiking group carries an FRS radio, or several if the group is larger or may split up during the day. Radio check-ins are scheduled every two hours, or more often.
- Personal emergency satellite communication devices (such as SPOT X, Garmin InReach, ACR Bivy Stick, etc) are NOT provided – participants may use their own if desired.
- Camp members are a team which, in the case of sickness or emergency, is expected to pull together to ensure the safety of all. **“We come back alive; we come back friends.”**

Summer Camp Family Week

- Family Week provides an opportunity for inter-generational family groups to attend a family-focused summer camp. This week is for youth aged 10-18 accompanied by parents, grandparents, aunts/uncles, or designated guardians.
- Beginners are welcome to attend Family Week and ACCVI can provide youth with equipment such as ice axes, helmets, harnesses and crampons.
- To promote getting youth into mountaineering, ACCVI offers a full bursary to cover the camp fee for youth attending Family Week. Bursaries to support youth attending Family Week are covered by ACCVI general funds, not camp participants. Adults attending Family Week pay the full camp fee.
- Camp location, format, possible activities and safety measures are the same in Family Week as in the other weeks.
- Participant enjoyment, and of course safety, are high priorities.
- The Camp Manager in Family Week is typically the leader of the ACCVI Kids and Youth Program, or a person with substantial mountaineering experience and youth leadership skills. The Camp Manager in Family Week undertakes a greater degree of leadership of daily activities than Camp Managers in the other weeks. Other experienced mountaineering parents contribute to leadership in Family Week.
- Family week accommodates up to 20 people; typically, this includes 8-10 youth.
- The typical adult to youth ratio is 1:1.5, but an acceptable ratio depends on the age and experience of the youth and accompanying adult(s) wishing to register. The ratio depends on family unit size and composition, which can vary – for example one youth and one adult, two youth and one adult, or one youth and two adults.
- The Family Week Camp Manager (and/or Leader of Kids and Youth Program) reviews Family Week applicants, and interviews and screens prospective participants to ensure they understand conditions and expectations of the camp. The Family Camp Manager has the discretion to accept or reject Family Camp registrants in order to achieve a good balance of ages and experience, and to ensure safety and enjoyment of all camp participants.
- In recognition of the Youth Bursary, families attending Family Week are expected to contribute their service to the club. Opportunities may include submitting an article for publication in the ACCVI Island Bushwhacker quarterly newsletter or Island Bushwhacker Annual, making a presentation at a monthly slide show event, cleaning camp gear at the end of season, or contributing to the island mountaineering community as part of a work party under the direction of the Kids and Youth Program leader undertaking trail maintenance or environmental work.

Camp Registration

- Participants must have an active ACCVI affiliate membership at time of registration AND for the duration of summer camp.
 - Initial registration is limited to local ACCVI affiliate members – that is, ACCVI members with home addresses and postal codes on Vancouver Island and adjacent islands.
 - By assigning this priority we acknowledge that our local members contribute to and manage a host of local programs, whereas more distant, affiliated members are not usually in a position to contribute to these many club activities.
- Registration is on a ‘first-come, first served’ basis.
 - A wait list will be created if required.
- Fees for adults are due in full at the time of registration.
 - Registrants on the wait list are asked not to submit camp fees until they are offered a spot in camp.
- If there are still spaces available four weeks after opening registration, they will be available to non-local ACCVI affiliate members.
 - Non-local ACCVI members are welcome to send their registration form to hold a position on the “non-local wait-list” - but NO FEE should be submitted until registration can be confirmed.
- In the event a confirmed /paid registrant has to withdraw from camp, the ACCVI will assist in advertising their place, however, a refund will only be provided if and when a replacement is confirmed.
- Applicants who have not attended Summer Camp before and/or are unknown to the Summer Camp Committee, are required to complete a New and Unknown Registrant Questionnaire (Appendix C) to provide a summary of their mountaineering experience and fitness level. A conference call with the camp Registrar may be required for an in-depth discussion.
 - The intention of the Questionnaire is to ensure the safety and enjoyment of all participants attending Summer Camp. A person without a clear understanding of the setting, activities and risks, may put themselves or others at risk and will likely not have a good experience in camp.
 - Backcountry experience, self-awareness, self-care and physical fitness are essential prerequisites to attending camp.
 - Applicants with limited or no mountaineering experience but with recent hiking and backpacking experience and reasonable fitness levels will not be discouraged from attending.
 - Lack of experience may not preclude participation if the applicant is fit, willing to learn, aware of the risks and rigours of attending an isolated setting, and has someone who can vouch for their suitability for the ACCVI Summer Camp.
- **Health issues and medication:**
 - Registration requires disclosure of health issues that may put a person at risk in an outdoor environment and/or impact a person’s ability to participate fully in summer camp activities.
 - Health issues may be exacerbated by unfamiliar situations and rigorous activity, especially at high alpine elevations and/or over the course of several days.
 - Registration requires disclosure of medications brought to camp and/or carried on an outing especially if they are medications for a life-threatening condition.
 - If a medication is required quickly in response to specific symptoms or events, such as an asthma attack, bee sting or heart palpation, participants should consider disclosing their condition to fellow campers, and explain where their medication is kept and how to administer the medication in an emergency.
 - Information about health issues and medication is for Camp Manager’s awareness, not intervention. There is no expectation that the Camp Manager (or other campers) will administer any medications, but awareness of a medical condition may assist decisions if troubles arise or symptoms are exhibited.

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- Information about health issues and medications is held in confidence by the Registrar and applicable Camp Manager. However, in case of an emergency and/or evacuation, any health and medication information will be shared with attending First Responders.
- **The Registration process:**
 - Complete a **registration form** for each person registering.
 - Beginning in 2023 we have adopted an online registration form, a Google Form, from the Google suite of tools.
 - The online registration form will not be accessible until registration is open.
 - Announcements about opening will be made on the ACCVI Events web page, the ACCVI Forum, and emails and newsletters to members.
 - The registration form is simple and intuitive:
 - Click on the hyperlink in the announcement to access the online registration form.
 - Follow the online instructions and provide information by entering short answers and/or checking boxes.
 - Click on “Submit” to complete the registration form.
 - An acknowledgement of a completed form is displayed on-screen.
 - Complete a New and Unknown Registrant **Questionnaire** if applicable (see Appendix C).
 - Send completed Questionnaire (if applicable) to summercamps@accvi.ca
 - Please put “**Summer Camp Registration**” in the subject line of your email.
 - If a Questionnaire is required, a follow-up conference call may take place with the Summer Camp Registrar or designate.
 - The Summer Camp Registrar will respond by email confirming the registrant’s eligibility for camp (i.e., ACCVI membership, residency, completed registration form, satisfactory outcome of Questionnaire evaluation) and providing directions (i.e., security answer) for submitting fee payment by e-transfer
 - The registration form asks for first and second choice of weeks and the Registrar may request an applicant accept their second choice to accommodate other applicant constraints.
 - When registration is full, wait lists will be developed; fee payments are not required for applicants on a wait list until they are offered a spot by the Registrar.
 - Summer Camp registration payment is to be made by **e-transfer**.
 - When directed to do so by the Registrar, send an e-transfer for full adult camp fees to summercamps@accvi.ca
 - No cheques will be accepted
 - e-transfers will not be deposited until registrant eligibility is confirmed
 - Registration will be given **Final Confirmation** by the Summer Camp Registrar only when the completed registration form has been received, the Questionnaire (if applicable) has been reviewed and the applicant accepted, and fees have been received.

Camp Cost

- Summer camp cost for 2023: **\$700 per person, 19 years and over.**
- The cost of the camp covers the expenses of the helicopter, the transport of group gear, consumables such as kitchen supplies and batteries, and a \$50 per-person “equipment rental” fee for the use of shared club equipment in base camp such as shared social and kitchen tents, food storage bins, propane cooking stove and a selection of mountaineering gear.
- The cost for all adults to attend camp is the same, whether they fly in by helicopter or make their way into the area on their own. Helicopter estimates and expenses reflect full occupancy, individual weight allowances, and flying in all communal gear.

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- We make every effort to budget carefully for these expenses, but there are always unknowns especially with helicopter flying time. We have therefore developed the following policy to ensure the final costs are fairly covered:
 - If there is a surplus of >10% of the per-participant cost, participants will be refunded their share of the surplus.
 - A surplus <10% of per-participant cost will be transferred to the ACCVI equipment budget to contribute to replacing shared mountaineering gear available to ACCVI members such as crampons, axes and helmets.
 - If there is a shortfall of >10%, participants will be asked to make up the deficit.
 - Surplus or shortfall calculations will be made in as timely a manner as possible after the final week of camp.

A Call for Camp Managers and Equipment Haulers

Each week of the summer camp requires a Camp Manager and possibly an Assistant Camp Manager. If you have an interest in building your leadership skills and working with the Camp participants to ensure a successful experience for all, please read the [Camp Managers' Duties](#) document, indicate your interest on the registration form, and/or contact us at summercamps@accvi.ca

We also need two volunteers (for the first and last weeks) who have vehicles with a trailer hitch to pull a trailer (typically a 5'x8' open trailer, requiring a supplied ball hitch) with the communal camp gear from Victoria to the staging area, and back. Hauler ferry costs are reimbursed by the club.

We do hope some of you will step up, as the summer camp does not happen without the help of those who volunteer to be Camp Managers, Assistant Managers and to haul the equipment trailer!

Once you've registered and been confirmed a spot on the summer camp, and Camp Managers have been designated, participants will be on the Camp Manager's contact list. Camp Managers will contact participants in his/her week, provide all relevant written materials, and hold a planning and information meeting in late spring or early summer.

Once assigned to a particular week of camp, please direct all questions to your Camp Manager.

The ACCVI Summer Camp Committee

APPENDIX A: [ACCVI Summer Camp Recommended Gear 2023](#)

APPENDIX B: [ACCVI Summer Camp Communicable Disease Management Plan 2023](#)

APPENDIX C: [ACCVI Summer Camp Questionnaire for New or Unknown Registrants 2023](#)