



Getting Ready For Camp Handbook

International Campers

Welcome to another season of Hockey Opportunity Camp (HOC). We are thrilled to welcome your child(ren) to HOC for their first time or back for another great camp experience. To help you prepare for the summer, please review the following camp checklist and information handbook. This resource includes all the essential information required for international campers to attend camp.

International Camper Checklist (very important to review)

Prior to Registration

- Contact HOC (hoc@learnhockey.com) to inquire about availability and camp options for your camper.
- Review Visa requirements for entry to Canada.
- Ensure travel documents are valid and up-to-date.

Registration for Camp

- Enter the Parent Dashboard through our online Campsite Registration Portal, and create a family account.
- Complete the Enrollment Request Form, Enrollment Questions, & other required forms and proceed to checkout.
- Submit payment for camper tuition deposit + additional \$500 Damage / Camper Emergency Fund Deposit.
- Once the enrollment request is received, HOC will confirm your camper's enrollment within 1-3 business days and process payment. An official invoice will be sent via email. Please review the invoice and report any changes/corrections to the office immediately.
- The enrollment confirmation email will detail the camp programs chosen, and provide further key information (keep this email).

Prior to Arrival at Camp

- Review Getting Ready for Camp Handbook details (attached) including:
 - Getting Here
 - Important Things to Know
 - Additional International Requirements
 - Camper Cell Phone Policy
 - International Camper Expectations
- Review clothing and Equipment Checklist.
- Book flights and communicate travel plans with an HOC Administrator.
- Have a discussion with your camper(s) about camp rules/regulations and safety, including:
 - Medical Waiver and Release of Liability (found under the *Forms* section of the Parent Dashboard)
 - Camper Guidelines / Expectations (found under the *Forms* section of the Parent Dashboard)
 - Personal items not permitted at camp including cell phones, ANY electronic devices, food products with nuts, etc. (see Clothing and Equipment Checklist).
- Although the following self care topics will be discussed with campers upon arrival, talk about health and safety with your camper including, hand washing / sanitizing, sun and hydration protection and what to do in the case of bullying or homesickness (stress open communication with counsellors / instructors).
- Label all personal belongings so they can be found when lost. If you require labels, please contact Mabel Labels at learnhockey.mabelslabels.com
- Pack camp gear and hockey equipment. Ensure your child participates in this exercise so that he/she is aware of what is being brought and what they are expected to pack to bring back home. Most lost and found is not recognized by campers as their own. Ensure all hockey equipment fits correctly and that hockey skates are sharpened prior to camp. Please ensure all equipment (including sticks) are properly labelled with first and last name.
- Campers will be screened for the following medical conditions during Sunday Check-In. In the event that your child shows symptoms of the following prior to camp (up to 72 hours), please ensure they are assessed and treated ahead of time. If treatment is not completed prior to camp, please contact the Camp Director to discuss next steps.
 - Head Lice - Please check your child's head. For more information on identification and treatment visit <http://www.cdc.gov/lice/head/index.html>.
 - Gastrointestinal Illness - Symptoms include but not limited to vomiting, chills, abdominal cramps and diarrhea
 - Influenza-Like Illness - Symptoms include but not limited to fever with cough and one of the following: sore throat, muscle aches, joint pain or weakness.

If you have any questions or concerns please contact us:

P.O. Box 448 Sundridge, ON P0A1Z0

Toll Free: 1-888-576-2752 Phone: 705-386-7702 Fax: 705-386-0179

Website: www.learnhockey.com Email: hoc@learnhockey.com

**ACCREDITED
MEMBER**



About HOC

HOC is a privately owned and operated residential children's camp located in northern Ontario, Canada. We are a 2.5 hour drive north of Toronto. Children from all over the world, aged 7-16, come to experience "The Ultimate Hockey & Summer Camp Experience."

With a capacity of 240 campers per week and 100 staff (1 staff to 2.5 campers), the beauty of HOC is that we are large enough to offer diversified camp programs to suit every camper's needs.

Yet with a small camper-to-staff ration, we also have the resources to ensure campers and parents feel connected to the camp community and that their specific needs are heard, acknowledged and met.

The HOC experience provides campers with the opportunity for improved self-confidence, friendship, individual challenge and improved skill development- all in a safe and enjoyable camp environment. For international campers, the HOC experience is a further opportunity for children to practice their English and broaden their world knowledge in a safe and fun environment.

Programs Offered

At HOC we offer diversified programming to suit every camper's needs. International campers can choose between the following programs:

Overnight Hockey + Camp Program

This program is ideal for the player (male or female) who wants to experience an overnight camp that specializes in combining both exceptional hockey training and traditional camp activities. Players can work hard to improve their hockey skills in a fun, encouraging environment at the arena, then come back to camp and spend time enjoying a variety of land and water-based camp activities.

Program Features

- 2 hours on-ice hockey instruction daily
 - 6 to 1 player to instructor ratio
 - Increased individual attention, ensuring skill-appropriate instruction
 - 1 skate sharpening weekly
 - 1 souvenir practice hockey jersey provided
 - Individual written player evaluation provided at end of session
- 1 hour daily hockey dry land training
- 2 chosen land or water-based activities daily
 - Activities include: waterskiing, sailing, kayaking, paddle boarding, rock climbing, mountain biking, archery, and much more!
 - Skill-based progression for every activity
- Evening programming provided daily (activities determined based on camper's age)
- All meals and evening snack provided

Overnight Camp Program

The ideal camper for our Overnight Camp Program is anyone who wants an overnight summer camp experience in Northern Ontario with traditional summer camp activities. This program is designed for non hockey players, or for players who may need a break from hockey, to fully experience traditional summer camp. Spend an action packed day participating in a variety of land and/or water activities.

Program Features

- Campers Age 7-12 years
 - 4 chosen daily camp activities, plus additional daily activity rotation.
- Campers Age 13-16 years
 - 2 chosen daily camp activities, plus additional daily time period of activity programming featuring different activities each day.
- Activities include: waterskiing, sailing, kayaking, paddle boarding, rock climbing, mountain biking, archery, and much more!
- Skill-based progression for every activity.
- Evening programming provided daily (activities determined based on camper's age).
- All meals and evening snack provided.

Overnight Water Ski Program

This program is perfect for any male or female camper wanting more training on the water and who is ready to challenge themselves to master their favourite water ski or wake sports skills or even learn new ones from our certified instructors.

Wake ski/wake sport disciplines include: two ski, slalom, wake boarding, wake skating, wake surfing, and even bare footing!

This specialized program is offered during all weeks of the summer but is limited to campers aged 10-16 with a maximum of 6 campers per grouping.

Program Features

- 3 hours on-water each day (Monday - Friday).
- Small class size (6 campers max. per age group with 2 instructors).
- 1 additional chosen land or water based activity daily.
- Evening programming provided daily (activities determined based on camper's age).
- All meals and evening snack provided.

Program Rates

All rates are in CDN \$ (+ additional 13% HST).

Overnight Hockey + Camp Program

Single Early Rate (register before March 1, 2019) - \$1130 + tax
Single Regular Rate (register after March 1, 2019) - \$1190 + tax

Additional discounts available if registering for multiple weeks.

Overnight Camp Program

Single Regular Rate - \$915 + tax

Additional discounts available if registering for multiple weeks.

Overnight Water Ski Program

Single Regular Rate - \$1180 + tax

No further discounts available for this program.

NOTE: All payment for programs must be submitted via credit card. No international money transfers will be accepted.

Getting Here

Campers are responsible for getting to and from camp, however, transportation pick-ups/drop-offs can be arranged from the airport for out of province campers. The closest airport is a local airport in North Bay, Ontario (YYB) and the closest international airport is Toronto Pearson Airport (YYZ) in Toronto.

If requested, HOC can pick-up and/or drop-off your camper at one of these airports. An HOC licensed driver will await for your camper inside the airport and ensure their safe transportation to camp. When departing camp, the driver will accompany the camper inside the airport and wait until their flight has departed safely.

Transportation costs are as follows and must be coordinated one month prior to your camper's arrival in the country.

Toronto Pick-up/Drop-off: 2.5 hrs drive each way
\$175/camper one-way, \$300/camper round-trip

North Bay Pick-up/Drop-off: 1 hr drive each way
\$75/camper one-way, \$95/camper round-trip

Important Things to Know

Camp Schedule

- Campers arrive on Sundays and depart on Saturdays.
- Campers participate in active camp programming all day long- there are no assigned rest periods.
- Campers are provided with three well-balanced meals per day and an evening snack each evening.
- If staying more than one-week, campers are provided with additional supervision and programming during the Saturday transition day. They do not leave camp during this period.

Camper Age Groups

- Campers are assigned to one of seven different age groups (sections) during their time at camp. There are many factors we consider when completing section assignments including: birth year, age, height, weight, hockey skill level and requested cabin mates.
- Your camper will be assigned to a section with other campers within one birth year of each other.
- Male campers sleep separately from female campers, but participate in hockey and camp activity programming together throughout the day.

Extras Included with Registration Fee

- **Tuck Shop:** Campers choose one item 3x a week (Mon/Wed/Fri). Main tuck options include chocolate bars, candy, ice cream, pop and potato chips. Although we cannot guarantee a "nut free" environment, in order to reduce the risk to campers with severe nut allergies, we do not purchase products with visible nuts or nut products.
- **Snacks:** snack options will be provided for your camper each evening before bedtime. Healthy and substantial items will be available for choice.
- **Group Picture:** Colour photo calendar of your camper's section. Photos are distributed at check-out (included in your campers check-out folder).
- **Laundry:** In lieu of a second hockey jersey, campers staying 2+ weeks will be provided with weekend laundry service (one full load).

- **Skate Sharpening:** One skate sharpening mid-week. Parents should ensure their child's skates are sharpened prior to arriving at camp. There are no skate sharpening facilities at camp.

Additional International Requirements

For international campers, HOC requires the following extras:

- **Travel Insurance**
 - Campers must carry travel insurance with them and provide proof of this prior to arrival at camp.
- **Health Insurance**
 - Campers must carry out of country health insurance with them and provide proof of this prior to arrival at camp.
- **Canadian Visa**
 - All international campers must ensure they have the proper Canadian Visa documentation prior to arrival in Canada. HOC is not responsible for organizing Camper Visas, but will help with any paperwork if requested.
- **Emergency Contact Info OR Contact in Canada**
 - All campers must provide one of the following:
 - 1) Emergency contact information in home country in case HOC staff cannot get ahold of the primary parents/guardians.
 - OR
 - 2) Emergency contact in Canada that can help deal with an emergency situation if required.
- Parents/emergency contacts will be contacted in the following cases:
 - Negative & disruptive camper behaviour
 - Camper major health concerns
 - Severe camper homesickness
- **\$500 Damage / Camper Emergency Fund Deposit**
 - This deposit is to be paid upon registration and will be fully-refunded upon successful completion of your camper's week.
 - This deposit can/will be used toward supporting your camper in various ways during their time at camp. This can include but is not limited to:
 - 1-1 camper support for behaviour/language challenges.
 - Travel expenses back to airport for camper dismissal.
 - Emergency camper health care expenses.
 - Additional camper equipment expenses (broken skate repairs, etc).
 - Damage repairs to facility due to camper behaviour.

Camper Cell Phone Policy

International campers are allowed to bring their cell phones for travel purposes but upon arrival at camp, all cell phones and electronic devices will be taken and securely stored for the duration of the camper's time at camp.

Parents/guardians will be notified of the safe arrival/departure of the camper to/from camp, but due to the potential volume of calls and disruption to camp, **phone calls to and from campers are not permitted.**

In the event of an emergency, please contact the office to make arrangements through the Parent Communication Director. He/she is directly responsible for communication between campers and parents. He/she will contact parents/guardians if required (homesickness, behaviour issues, health concerns, etc).

For all other campers, HOC is strict to enforce a **NO camper cell phones policy**. This ensures campers are communicating issues to their counsellors to be dealt with in a timely and appropriate manner. It also gives campers a chance to fully embrace the camp experience with no distractions from technology.

International Camper Expectations

Hockey Opportunity Camp (HOC) is committed to creating a learning environment that is safe, caring, peaceful, nurturing, and respectful; ensuring all campers achieve a positive camp experience. This environment can only be achieved if all members of the community including staff, campers and parents accept and promote the following positive behaviours and interactions with each other. To achieve this, we have created the following 4 simple expectations below for all campers to review together with their parent/guardian and accept prior to participating in camp programming.

1. Expectation #1: Respect Yourself

1. All campers must be accountable for their own personal belongings brought to camp. Clearly labelling all items brought to camp will help locate any lost items so they can be returned throughout the week. In addition, campers should be aware of their surroundings and collect their own belongings before leaving an area, ensuring nothing gets left behind.
2. Each camper is responsible for his or her own personal hygiene. Campers are given ample time and opportunity for personal hygiene care each day (showers, teeth brushing, changing clothes, etc.) and while everyone is encouraged to complete these tasks on their own, assistance will be given to younger campers who require it.
3. Since our camp days are full of activity, campers must make healthy eating choices in order to maintain stamina throughout the day. Our catering company prepares a variety of healthy kid-friendly meals each day, so campers are encouraged to fill up at each mealtime. Campers must be aware that no meal alternatives will be prepared for picky eaters. The kitchen will prepare meals for campers with food intolerances/allergies. Parents/campers are required to identify these meal requirements on the camper's health form and campers are required to follow up and ensure they are given their correct alternative meal (if required).
4. Campers are required to follow HOC's sun safe practices, which include; applying sunscreen throughout the day, wearing a hat (and sunglasses if possible), wearing suitable outdoor clothing and keeping themselves hydrated. Staff will provide an opportunity before each activity for campers to prepare and ready themselves and assistance will be available to younger campers who require it.
5. Campers are equally in control of their camp experience. In order to ensure the highest level of care, each camper needs to advocate for him or herself and tell others if someone or something is physically wrong or emotionally distressing to them. Staff will regularly provide an opportunity for campers to approach them with concerns either publicly or confidentially. All staff is trained to actively listen and treat each concern with confidentiality and respect, working with the camper(s) to solve the issue cooperatively and in a timely fashion.

2. Expectation #2: Respect Others

1. Bullying by any means including verbal, physical or emotional is not tolerated at HOC. This also includes horseplay and any physical touching impeding on another camper's personal space and upsetting or offending another camper.
2. Treat others, as you would expect to be treated. Each camper deserves to be treated with respect and made to feel a part of the HOC community. Recognize others' feelings and work together to create a fun and positive camp environment. Campers need to understand that their positive attitude towards each other will help influence others to do the same.
3. Many campers come to camp with a group of friends they already know. Although this is encouraged, we also encourage those campers to make new friends while at camp and build new friendships that may continue well beyond the camp experience.

4. Recognize that you are one of many campers living in the cabin. Although it is recommended that campers not bring any expensive clothing or valuables, campers should not touch or borrow other camper's belongings. In addition, due to serious food/environmental allergies, campers should not bring in any food with any traces of nuts or seeds or any hygiene products with significant smells or perfumes.
5. Recognize when others are being disrespected and step forward to let HOC staff know about it. In some cases you may be the voice for someone who may not be confident enough to do so. Telling someone does not make you a snitch but rather, makes you a friend.
6. Parent Note: Parents of campers who choose to disrespect, distress, abuse others, or who's behaviour affects the ability of other campers to enjoy their camp experience, will be contacted and a conditional warning will be given to the camper. Continued negative behaviour may result in that camper being asked to leave the program without refund of tuition paid.

3. Expectation #3: Respect Camp

1. Keeping a clean and organized living space is important at camp. Cabins are well used each day and campers need to work together to sweep, tidy, pick-up garbage and maintain an organized cabin. This also includes assisting the instructors in program areas by putting away equipment and returning items to their proper locations after use.
2. Intentional damage to HOC, private property or other camper's belongings is not tolerated. Campers who intentionally damage others' property will be responsible for replacement or repair costs.
3. Many of HOC programs have detailed safety rules and regulations in order to ensure the safety and well being of all campers and staff. Campers must listen to, understand and follow staff instructions and program safety rules in order to ensure a safe and fun experience.
4. Parent Note: Campers who continually ignore staff instruction of program safety rules and expectations, may be asked to not take part in the activity until they are able to demonstrate an ability to follow program expectations.

4. Expectation #4: No Camper Cell Phones at Camp

1. In order to maintain the high level of safety and well being of all our campers at camp, we are strict to enforce a CAMPER NO CELL PHONE POLICY. Campers are expected to leave their cell phones with parents/guardians prior to checking in at camp. If a cell phone is found on a camper, it will be taken away and safely stored and returned at the end of the week. This policy is not put in place to avoid parent interaction in the event that a camper has an issue/concern, but rather to ensure that camper expresses their concern to their counsellor so staff can address the concern/issue immediately. If an issue/concern is deemed to require a parent's input or guidance, we will contact them immediately for support. Parents will also have the ability to stay in contact with their camper through Parent Communications Representative, who acts as a liaison between the camper and parent/guardian.

These expectations are also listed in the *Camper Expectations Form* which requires mandatory submission during registration.

International campers will be held accountable to these expectations, therefore, it is imperative that you ensure you review these with your camper prior to his/her registration with HOC. **If a camper continually fails to comply with these expectations during their stay at camp, they may be sent home at the expense of the parents/guardians and without refund of tuition paid.**

Souvenir Camp T-Shirt

HOC offers campers the opportunity to purchase a 100% cotton souvenir camp t-shirt featuring the HOC logo. Merchandise can be ordered at time of registration. All orders must be received and paid prior to arriving at camp to guarantee preferred size and availability. Orders will be delivered to campers during Sunday's Check-In.

Weather and Camp Activities

All camp activities continue during rain, cold, wind and heat but may be modified if weather poses a risk to campers. All outdoor programs cease in the event of thunder and lightning and resume when deemed safe by a Camp Director. Please help your camper pack for various weather conditions.

Check-In Day: Sunday

Check-in day occurs on Sunday. Please arrange your camper's flights and transportation to arrive in Canada on Sunday between 12:00 pm- 5:00 pm. From the airport, they will be greeted by an HOC Driver and brought directly to camp. Stops along the way for lunch/dinner and rest breaks will be provided as required.

Upon arrival at camp the following process will happen:

- 1) **Camper Health Screening**
 - 1) Campers will be screened for Head Lice and signs/symptoms of gastrointestinal illness.
- 2) **Camper Medication Drop-Off/ Meet with Health Care Staff**
 - 1) Any medications sent with your camper will be stored and locked in our Health Care Centre.
 - 2) Campers will meet with our Health Care Staff who will help to ensure their health and safety throughout the week.
- 3) **Camper Activity Sign-Up**
 - 1) Campers will review & confirm their chosen activities with our Program Director.
- 4) **Travel Documents/Cell Phone Storage**
 - 1) Campers will drop-off their Passport/Visa/Travel Documents, cell phone, and any other electronics or money. Items will be stored in a locked space within the camp office. Items will be safely returned upon camper's departure from camp.
- 5) **Bedding Pick-Up**
 - 1) If requested prior to arrival, campers will pick-up a sleeping bag & pillow to use for the duration of their stay at camp.
- 6) **Luggage Drop-Off & Camp Tour**
 - 1) Campers will drop-off their luggage/hockey equipment and receive a tour of camp.
- 7) **Dinner**
 - 1) Depending on the arrival time, campers will be fed dinner and will be provided with an evening snack before bed.

Parent Communication Director

The Parent Communication Director is the direct link between campers and their parents during camp. For all **NEW** campers (first time at HOC), within the first 48 hours (ideally) of your camper arriving, parents will receive an email with a status update. In addition, if you have any questions or updates **while your child is at camp**, please contact parentrep@learnhockey.com or call the office and ask for the Parent Communication Director.

Mail / Courier + Email

While at camp, there are a few ways you can stay in touch with your camper. If you would like to send your child an email, letter or package, here are a few options:

Email a Camper

Visit www.learnhockey.com for our **Bunk1** email service. This is a one-way email service; parents can send an email but campers cannot respond.

Sending Mail Via Canada Post

Address as follows: *Your Child's Name*
c/o Hockey Opportunity Camp
PO Box 448, Sundridge, ON, Canada P0A 1Z0
Expected delivery: 3-7 business days, Canada/US

Sending Mail Via Purolator

Address as follows: *Your Child's Name*
Hockey Opportunity Camp
c/o Cox's General Store
21 Main Street West, Sundridge, ON, Canada P0A 1Z0
Expected delivery: 1-3 business days, Canada/US

Check-Out Day: Saturday

All campers participating in the hockey program, participate in a final showcase/scrimmage game on Saturday morning. When arranging flights keep this in mind so that your camper doesn't miss out on his/her showcase game. If you are picking up your camper in person, note the following game times and pick-up processes below.

CANADIENS, LEAFS, RED WINGS, HAWKS (youngest sections)

First section game begins at 9:00 am and the last section's game begins at 12:00 pm. Games are all approx. one hour long.

- Parents meet son/daughter at the arena to watch scrimmage.
- Parents are required to sign-out their child before leaving arena.
- With camper, parents drive back to camp to pick up check-out folder and luggage.

BRUINS (middle section)

Section game is at 1:00 pm and approx. one hour long

- Parents drive to camp to pick up camper's check-out folder and luggage prior to the game.
- Parents meet son/daughter at the arena to watch Showcase/Scrimmage game.
- Parents are required to sign-out their child before leaving arena and can leave for home directly from arena.
- Note: campers are provided lunch before their departure to the arena.

RANGER / SENIOR (oldest sections)

Section games are played Friday night (games are for campers only, but parents can attend if they are in the area). Please note check-out is not on Friday night but on **SATURDAY morning**.

- Parents can pick up their son/daughter at camp anytime between 9:30 am – 11:30 am. Breakfast only provided.
- Pick up check-out folder and luggage.
- Parents are required to sign-out their child before leaving camp.

Lost and Found

- Clothing that is found throughout the week is neatly folded and displayed on tables during check-out.
- Please make sure to label all clothing before you arrive and to quickly check if your camper has left anything behind before departing.

HOC Pro Shop

- The on-site Pro Shop will be open from 10:00 am - 1:30 pm for campers who want to purchase HOC clothing and souvenirs.

HOC's Sun Safe Practices

HOC is proud to be a recognized as a Sun Safe Certified Camp. Understanding the damaging effects of the Sun is very important to our health and HOC encourages all campers to follow these simple sun safe guidelines:

- Slip on protective clothing
- Slop on Sunscreen (every 2 hours)
- Slap on a broad brimmed hat
- Seek shade
- Slide on Sunglasses

HOC Staff will be reminding your camper to follow these guidelines while they are at camp. You can help us by ensuring your camper packs these items in their luggage.

Clothing and Equipment List

The following list is recommended based on a one-week stay at camp. Campers staying longer than one week have access to laundry service (included in tuition fee). It is recommended that campers use the laundry service rather than increasing the amount of clothing brought to camp. Summer evenings may be unpredictably cooler than normal, so please check weather reports prior to arriving at camp to confirm appropriate clothing and sleeping bag. All clothing, equipment and bedding should have the camper's name clearly marked and securely attached. Bedding (pillow & sleeping bag can be provided to international camper's upon request.

IMPORTANT: We recommend that all valuable and expensive clothing / personal items not be brought to camp. All video games, iPods, iPads, cell phones and any other electronic equipment are NOT allowed in our camp environment. Although every effort is made to locate lost items, HOC is not responsible for returning any lost or stolen items while at camp.

Clothing

- (5) T-Shirts
- (2) Sweatshirts
- (3) Long Pants
- (3) Shorts
- (6) Underwear
- (6) Pairs of Socks
- (2) Bathing Suits
- 1 piece suit or tankini
mandatory
- (1) Pyjamas
- (1) Rain Jacket
- (1) Hat
- (1) Pr of Running Shoes
- (1) Pr of Sandals

Bedding/Towels (if bringing own)

- (1) Sleeping Bag
- (1) Fitted Single Sheet
- (1) Pillow
- (1) Pillowcase
- (1) Bath Towel
- (2) Beach Towels

Toiletries

- (1) Toothbrush
- (1) Bar of Soap (in a case)
- (1) Brush or Comb
- (1) Toothpaste
- (1) Shampoo

Miscellaneous Items

- Water Bottle (for camp)
- Sunscreen (SPF 30+)
- Lip Balm
- Insect Repellent (lotion)
- Sunglasses (UV Protected)

Hockey Equipment

- Helmet and Mask
- Neck Protector
- Shoulder & Elbow Pads
- Hockey Gloves & Pants
- Mouthguard
- Hockey Socks/Garter Belt
- Shin Pads
- Supporter and Cup or Jill
- Skates (sharpened, name on bottom)
- Hockey Sticks (name on sticks)
- Hockey Tape (Shin Pad / Stick)
- Blister (Second Skin) Bandages
- Water Bottle (for arena)

Goalie Equipment (if applicable)

- Goalies are responsible for their own goalie equipment. It may be possible to borrow from your hockey association if required.

Miscellaneous Items

- Water Bottle (for camp)
- Sunscreen (SPF 30+)
- Lip Balm
- Insect Repellent (lotion)
- Sunglasses (UV Protected)

NOTE: Although HOC is NOT a "nut free" environment, we do reduce the risk to campers with severe nut allergies by eliminating visible nuts/nut products from the kitchen and tuck shop. Campers should not bring any additional food into camp, especially products with visible nuts or nut products in them (i.e. Snickers chocolate bars, peanut butter cookies, trail mix with nuts, etc.). In addition, we request that your child not bring any gum/candy to camp. Thank you for your understanding and compliance to this matter.

Please pack with your children to ensure they know what items are being brought with them to camp.

Hockey Opportunity Camp Location

Hockey Opportunity Camp is located in the beautiful Almaguin Highlands, just north of the Muskoka Region, near Sundridge & South River, Ontario. It is approximately 280 km (175 miles) north of Toronto or 65 km (40 miles) south of North Bay on Hwy #11.

Hockey Opportunity Camp

