



LIT HANDBOOK 2026

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THE LEADERSHIP PROGRAM

The success of any camp is highly dependent upon its ability to train, attract and retain qualified and committed staff. The Onondaga Camp Leadership Program plays a vital role in accomplishing that at Onondaga Camp.

Participants of the Onondaga Camp Leadership Program will become more effective leaders in a camp setting. More importantly, the experience will promote lifelong leadership abilities, foster strong connections, and create lasting memories.

We are proud to offer participants in the program an opportunity to obtain Ontario credits that can contribute to their Ontario Secondary School Diploma (O.S.S.D.). Onondaga Camp became an accredited independent school in 2004 and since then have been offering high school credits for our program. We realized that there was a direct connection between the Leadership Training Program and the Ontario Curriculum established by the Ministry of Education. This has added tremendous value to our Leadership Program and has set it further apart from other similar programs. The credit courses themselves are outlined below under their appropriate year of the Leadership Program.

MISSION STATEMENT

To provide an inclusive environment where young people can play, explore, achieve and grow.

LAND ACKNOWLEDGEMENT

We respectfully acknowledge that our camp site is located on the traditional territory of the Michi Saagiig, the Mississauga, and the Anishinaabeg (Curve Lake First Nations).

Summer camps in Ontario have long based much of their program on Indigenous practices and traditions. Often this was done without the recognition or appreciation of Indigenous communities and further perpetuated harmful stereotypes. It is important that we acknowledge and appreciate that currently we have many programming pieces at Onondaga Camp that are based on Indigenous practices, traditions, and technologies.

The name “Onondaga” comes from one of the original nations of the Haudenosaunee Confederacy. Onondaga Camp got its name because it was originally located on Lake Erie, near Port Credit, which is a traditional territory of the Haudenosaunee. The camp moved to its current location on Middle Bob Lake in 1930 and kept the name Onondaga Camp.

As an organization, Onondaga Camp is committed to deepening our understanding and acknowledge our responsibility to reconciliation.

THE ONONDAGA CAMP PHILOSOPHY

In all our programs, we encourage campers and LITs to become more confident in themselves and comfortable with others in a safe and energetic environment. We credit our success to our terrific staff – the majority of whom are former campers and have participated in our two year leadership program. We train them to guide campers to realize their potential and to get the most from their camp experience. Our ratio of one staff person to every three campers enables us to offer that extra measure of time, instruction and personal support.

Our roots are in Ontario, but Onondaga Camp has always been lucky to welcome international campers, LITs and staff from all over the world. We all benefit from this friendly exchange of different people, cultures and ideas.

At Onondaga Camp, we deeply honour and value the past. However, it's equally important to be in touch with the changing interests and attitudes of today's youth. Our ultimate goal remains the same: to help campers discover the opportunities, experiences and friendships to make Onondaga Camp the experience of a lifetime.

LIT 1 PROGRAM • THE FOUNDATION YEAR

In the Foundation Year, the Leadership Program emphasizes activity and general leadership skill development. Over a four-week period, all Leaders in Training (LIT 1s) will have the opportunity to develop the following skills:

PROGRAM SKILLS

- Bronze Medallion and/or Cross
- ORCKA Basic Canoeing Level 4

ACTIVITY SKILLS

- Archery
- Arts and Crafts
- Ball Hockey
- Basketball
- Canoeing
- Challenge Course
- Climbing Wall
- Crossbow
- Dance
- Drama
- Horseback Riding
- Kayaking
- Mountain Biking
- OWLS (Wilderness Skills)
- Sailing
- Sports
- Stand up Paddleboarding
- Tennis
- Wakeboarding & Waterskiing
- Yoga

ADDITIONAL SKILLS PROGRAM

In addition to their activity skills, LIT 1s will have the opportunity to obtain an additional certification during their session. Certifications may include:

- Lifesaving Society Swim Instructor
- ORCKA Camp Canoe Instructor
- ORCKA Camp Kayak Instructor
- Sailing Canada Skills Course

LEADERSHIP SKILLS

In workshops, LIT 1s will work on the following Leadership Skills:

- Leadership Styles
- Team Work
- Initiative and Participation
- Effective Communication
- Understanding Group Dynamics
- Problem Solving
- Being an Active Leader
- Presentation Skills
- Group Decision Making

LIT 2 PROGRAM • THE APPRENTICESHIP YEAR

The Apprenticeship Year gives LIT 2s the opportunity, over an eight-week period, to gain valuable, practical experience by working directly with campers under the guidance of experienced Counsellors, Activity Heads, Section Heads and Leadership Directors. LIT 2s are also provided with the opportunity to learn a variety of counselling and instructional skills.

LIT 2s will assist Jinci (6 to 10 year olds), Bantam (11 and 12 year olds), Inter (13 year olds), Senior (14 year olds) and Super Senior (15 year olds) campers for a period of two weeks, where possible. They will also specialize in four specific activity areas. LIT 2s will participate in a canoe trip and complete a Standard First Aid Course as well as receiving intensive counselling and leadership instruction.

The responsibilities that are given to the LIT 2s throughout the summer are demanding and are at times invaluable to camp life. In an effort to recognize the importance of the program and their role at camp, those LIT 2s who complete the summer and whose performance has been above and beyond what was expected of them, will receive a \$500.00 honourarium. This does not mean that LIT 2s will be considered staff. We are still committed to our two-year leadership program; however, we feel it is important to also acknowledge the contribution LIT 2s make to Onondaga Camp. Please note that LIT 2s will be responsible for their tuck bill (a deposit of \$100 is required).

LIT 2s will participate in workshops and receive feedback in the following areas:

COUNSELLING

- Health & Wellness
- Team Work
- Leadership Styles
- Communication
- Mentorship & Leadership
- Conflict Resolution

PROGRAMMING & ACTIVITY INSTRUCTION

- Teaching and Facilitating Skills
- Lesson Planning
- Cabin Programming
- Leading Games & Initiative
- Public Speaking
- Campfires & Bed-Time Programs
- Canoe Trip Planning
- All Camp Activity Planning

LITs will be given the opportunity to complete their Bronze Cross or National Lifeguard- Waterfront certificate.

CAMP FORMS

1. Health History
2. LIT Code of Conduct
3. Swimming Profile
4. Additional LIT Information (Due by June 1st)
5. Tuck Shop Permission & Tuck Shop Policy

Please complete all forms by June 1st, 2026. Thank you for completing your forms promptly!

LEADERSHIP (LIT) SESSION DATES

SESSION START DATE	END DATE
LIT 1A Thursday, June 25	Wednesday, July 22
LIT 1B Saturday, July 25	Friday, August 21
LIT 2 Tuesday, June 23	Friday, August 21

Mid-summer 'changeover' for LIT 2s begins the morning of Wednesday, July 22. LIT 2s must be back at camp by 12:00pm (noon) on Sunday, July 26.

ARRIVAL AND DEPARTURE INFORMATION

No matter how your LIT(s) will be arriving at Onondaga Camp we ask that you respect the arrival and departure times below as they will help to ensure a smooth arrival/departure for you and our other families.

CAR

Cost: N/A
Location: Onondaga Camp
Arrival Day: Please arrive at camp between 2pm & 4pm.
Departure Day: Please pick up campers between 9am & 10:30am.

BUS

Cost: \$95.00 + HST (each way)
Location: 36 Curity Avenue, East York, Ontario M4B 0A2
Arrival Day: Please look for the Onondaga Camp Tent.
Buses will depart at 2pm sharp. Please have your LIT at the bus by 1:30pm.
Departure Day: Buses will arrive in Toronto between 12 and 12:30pm.

TRAIN

Cost: \$180.00 + HST (each way)
Location: Union Station
Arrival Day: Trains must arrive in Toronto between 12pm & 4pm.
Departure Day: Trains must depart from Toronto between 12pm & 4pm.

AIRPORT

Cost: \$180.00 + HST (each way)
Location: Pearson International Airport
Arrival Day: Flights must arrive in Toronto between 11am & 7pm.
Departure Day: Flights must depart from Toronto between 11am & 7pm.

BUS PICK UP AND DROP OFF

36 Curity Avenue
East York, Ontario
M4B 0A2

MAJOR INTERSECTION:

Don Valley Parkway and Eglinton Avenue East; off of Bermondsey Road
Please look for the Onondaga Camp tent.

TRAIN STATION AND AIRPORT PICK UP & DROP OFF

LITs arriving in Toronto by train or airplane will be met by an Onondaga Camp staff member wearing their red Onondaga Camp staff shirt. LITs will travel to camp, with a staff member, either on a chartered bus or in a camp van. On departure days, our staff will see to it that LITs are checked in at the train station or airport. Any special arrangements must be made at least one month in advance.

For safety reasons in the airport, we ask that you register all LITs travelling without an adult as ‘unaccompanied minor’s’ with the airlines.

Copies of the train or plane tickets MUST be given to the camp office when arranging transportation. To prevent loss, LITs must deposit their travel documents, identification and any money at the camp office upon their arrival at camp.

CAMP ADDRESS

1120 Rackety Trail Road
Minden, Ontario
K0M 2K0

LIT 1 DAILY SCHEDULE

- 7:45am Wake Up
- 8:00am Breakfast
- 8:45am Cabin Clean Up
- 9:25am Period 1 – Swimming Lessons or Activities
- 10:30am Period 2 & Period 3 – Group Sessions
- 12:45pm Lunch
- 1:30pm Rest Hour
- 2:40pm Period 4 – Activities
- 3:45pm Period 5 – Activities
- 4:40pm Free Time
- 6:00pm Dinner
- 7:30pm Camper Evening Program
- 10:00pm Camper Bedtime
- 10:15pm LIT Snack & Evening Programming
- 11:00pm Curfew

LIT 2 DAILY SCHEDULE

- 7:45am Wake Up Campers
- 8:00am Breakfast
- 8:45am Cabin Clean Up
- 9:25am Period 1 – Activities
- 10:30am Period 2 – Activities
- 11:35am Period 3 – Activities/ Rest Hour
- 12:45pm Lunch
- 1:30pm Rest Hour Duty
- 2:40pm Period 4 – Activities
- 3:45pm Period 5 – Activities
- 4:40pm Free Time
- 6:00pm Dinner
- 7:30pm Camper Evening Program
- 10:00pm Camper Bedtime
- 10:15pm LIT Snack & Evening Programming
- 12:00am Curfew

ACTIVITY & SECTION PLACEMENTS

LIT 1: THE FOUNDATION YEAR

LIT 1s will have the opportunity to work at two different activities and within two different sections throughout their month at camp. LIT 1s will be able to indicate what activities and age groups they prefer to work with by filling out the Additional LIT Information form **before June 1**. The LIT Directors will use the information on this form to ensure everyone gets a chance to work at activities and in sections they are excited about. Please note, with such a large group it is not possible to accommodate everyone's first choices. LIT 1s will have the chance to work in the Jinci, Bantam, Inter, or Senior section. Activity and section placements rotate every 2 weeks.

LIT 2: THE APPRENTICESHIP YEAR

LIT 2s have the opportunity to work at two different activities and with three different sections. One of these three sections will be the Jinci section, in which LIT 2s are responsible for taking a Jinci cabin on rotation to their activities. LIT 2s will be able to indicate what activities and age groups they prefer to work with by filling out the Additional LIT Information form. The LIT Directors will use the information on this form **before June 1** to ensure everyone gets a chance to work at activities and in sections they are excited about. Please note, with such a large group it is not possible to accommodate everyone's first choices. LIT 2s will have the chance to work in the Jinci, Bantam, Inter, Senior, or Super Senior section. Activity and section placements rotate every 2 weeks.

PERFORMANCE EVALUATIONS

LIT 1: FOUNDATION YEAR EVALUATIONS

Each LIT 1 will receive ongoing, informal evaluations from the Leadership Directors. After the first two weeks, they will receive an informal evaluation. At the end of each session, a formal evaluation of each LIT's performance will be provided by the Leadership Directors. Performance evaluations will be used to determine invitations for the LIT 2 program. Enrollment for the LIT 2 program is limited.

LIT 2: APPRENTICESHIP YEAR EVALUATIONS

Each LIT 2 will receive ongoing, informal evaluations from Leadership Directors, Section Heads and Activity Heads. At the end of each two-week session, LIT 2s will receive an oral evaluation from the Leadership Directors in communication with the Counselling Staff and Activity Heads.

OPTIONAL CREDIT COURSE

All LITs will have the opportunity to sign up and participate in a Healthy Living course throughout their session. These courses are instructed by the LIT Directors and are accredited by the Ontario Ministry of Education. It is recommended that you check with your LIT's school to ensure this credit is accepted as part of their curriculum. Please note that there is an additional cost of \$750.00 + HST to enroll for either course.

LIT 1

HEALTHY LIVING AND OUTDOOR ACTIVITIES – GRADE 11 (OPEN) (PAD30)

This course promotes the development of a healthy, active lifestyle through regular participation in a wide range of outdoor activities and sports designed to foster lifelong engagement. Students develop practical skills through hands-on experiences in activities such as canoeing, camping, hiking, orienteering, and other outdoor pursuits, while applying movement principles and game and sport strategies to refine skills and improve personal fitness.

A strong emphasis is placed on leadership development and experiential learning. Students are given opportunities to build and practice goal setting, decision making, problem solving, and social and interpersonal skills within group and outdoor settings. The course also explores healthy relationships, mental health, risk management, and personal safety, helping students develop the knowledge and confidence needed to make healthy choices and work effectively as part of a team.

LIT 2

RECREATION & HEALTHY ACTIVE LIVING LEADERSHIP, GRADE 12, UNIVERSITY/COLLEGE PREPARATION (PLF4M)

This course focuses on the development of leadership and coordination skills related to recreational activities. Students will acquire the knowledge and skills required to plan, organize and implement recreational events. They will also learn how to promote the value of physical fitness, personal well-being and personal safety to others through mentoring and counselling. The course will prepare individuals for future opportunities that may exist in recreation, leisure and fitness leadership.

ADMISSION REQUIREMENTS

LIT 1: FOUNDATION YEAR ADMISSION REQUIREMENTS

The criteria for admission is based upon previously demonstrated leadership potential and expressed commitment to the program. The admission process is initiated by invitation and/or application. The minimum age requirement is 16 as of December 31, 2026. There are two LIT 1 Sessions each summer. During the application process, applicants will be asked to indicate their preference of July or August session. Please note that session choice is not guaranteed.

LIT2: APPRENTICESHIP YEAR ADMISSION REQUIREMENTS

The criteria for admission is based upon several factors including participation in the LIT 1 program, previously demonstrated leadership potential and expressed commitment to the program. Applicants are strongly encouraged to have their Bronze Cross in Lifesaving upon arrival at camp. The admission process is initiated by invitation only. The minimum age requirement is 17, as of December 31, 2026.

C SESSION

LIT 1

All LIT 1s are invited to return to camp for C Session (August 22 - August 28). This opportunity gives LITs more hands-on experience working directly with campers. The LITs are assigned cabin and tent groups and work closely

with the counsellors of those groups to ensure campers have an amazing camp experience. LITs are responsible for taking the Jinci cabin groups on daily activity rotation. LITs live in the LIT Village and are under the direct supervision of the LIT Directors.

C Session is always a fun week. It is where the Onondaga Camp Games originated, having been exclusive to that session for years before we added it to all other sessions. The campers that week are all 12 and under. We limit the number of campers that week which gives camp a very different feel for the week, one that staff look forward to each year.

Attending C Session is completely voluntary and by no means mandatory for LITs. We realize that many LITs are not able to return to camp for the week.

There is no cost associated with returning to camp for C Session. Transportation from Toronto on our camp bus is also included.

LIT 2

All LIT 2s are invited to return to camp for C Session (August 22 - 28). During this week the LIT 2s take on the role of a counsellor. It is a great opportunity for them to put the skills they have been practicing all summer to use with a cabin or tent of their own.

As a staff member, they will sign a contract with us and be paid for the week. We offer free transportation by bus for both arrival and departure days to all of our LIT 2s who will be joining us for C Session. LIT 2s will have the opportunity to leave site on a day off.

Please note that staying at camp for C Session is by no means mandatory but it is a great way for our LIT 2s to end off their summer.

SWIMMING

Each LIT who is enrolled in either the LIT 1 or the LIT 2 program and has not completed their Lifesaving Society Bronze Cross will participate in a 50-minute period of swimming lessons during Period 1 each day. If you have already completed your Bronze Cross level, you will be working at your respective morning activity for Period 1. In the LIT 2 program, there is an opportunity to complete the National Lifeguard (NL) certification.

CANOE TRIPS

LIT 1 OVERNIGHT

In small groups, the LIT 1s are driven to the Queen Elizabeth Wildlands access point approximately 5 minutes from camp. From there, they will complete an approximately 6km hike to our campsite with one of the LIT 1 Directors and another Staff member from camp. They will make lunch, go swimming, and participate in group bonding programming. They will leave after lunch and return to camp after lunch the next day. These overnights are scheduled over the course of the month.

LIT 2 CANOE TRIP

During their time in Outgroup, LIT 2s will participate in a 4-night, 5-day canoe trip in Algonquin Park. This canoe trip is lead by an Onondaga Camp trained canoe tripper and one of the LIT 2 Directors. Canoe trip provides LIT 2s with the opportunity to learn basic navigation and survival skills as well as participate in group bonding programming.

Important Note regarding Duke of Edinburgh Award.

Onondaga Camp is pleased to support LITs in pursuit of Duke of Edinburgh awards. Please note that any paperwork required by the camp must be provided before an LIT's session so that the staff member leading the canoe trip can complete the necessary documentation. In instances where paperwork is received after an LIT's session, the camp will do its best to have it completed although it can be difficult to obtain staff signatures in these cases.

HEALTH HISTORY

The camp office must receive a completed health history form for every LIT at least one month prior to the arrival of the LIT. The health history tells us how to contact you in the event of an emergency or accident, what medications your LIT may need to take and any allergies they have. It is essential that we are informed of any food allergies as early as possible. If your LIT has an allergy, a special form needs to be filled out.

Please note that a medical examination specifically for camp with a doctor's certification is not mandatory. However, the name and telephone number of your family doctor is required information on the medical form and we do recommend that you try to schedule your LIT's annual medical check-up as close to camp as possible.

Please be careful to ensure that the health history is completely filled out in detail and submitted. If you wish to send any additional information regarding your LIT's health, please do not hesitate to send a letter/email along with your LIT's health history. If there are any changes in your LIT's health, please be sure to notify the camp office in writing as soon as possible.

MEDICATION

All medication (including vitamins and supplements) that LITs are required to take during their stay must be listed on the health history form. All medication except asthma inhalers, epi-pens and Allerjects, must be kept in the health centre and will be dispensed at the required times by our health centre staff.

Medication must be in its original container and clearly labeled with your LIT's first and last name in order for our Health Centre team to administer it.

If you are driving your LIT to camp, a member of the Health Centre team will be available to collect medication. If your LIT is taking the camp bus please make sure the medication is labeled and give it to one of our Assistant Directors and they will ensure it is given to the health centre. LITs arriving by plane or train should give their medication to the staff member meeting them at the airport or train station.

ALCOHOL AND DRUGS

No LIT may possess or consume any alcoholic beverages on camp property or while in the camp's charge. No camper or LIT may possess or use non-medicinal drugs, including cannabis, on the camp property or while in the camp's charge. Any camper or LIT found breaking these regulations will be dismissed. Any portion of unused camp fees will not be refunded.

SMOKING, VAPING AND TOBACCO PRODUCTS

Any LIT found using vaporizers, tobacco products or nicotine products will be dismissed at the discretion of the Camp Director. Any portion of unused camp fees will not be refunded.

KNIVES

Knives, including Swiss Army knives, are not permitted at camp.

TENTS AND CABINS

LITs are to stay in their cabin or tent after lights out, except to use the washroom facilities. It is important for safety that we know where LITs are and that they are not roaming at night. We take this seriously. Any LIT found out of their cabin or tent after curfew may, at the discretion of the Director, be dismissed from camp.

SOCIAL MEDIA

LITs often stay in touch outside of camp by using things such as Instagram, Tik Tok, Facebook, and Snapchat. Please be aware that the groups formed other than the official Onondaga Camp pages are done so without the consent or supervision of Onondaga Camp. Therefore we ask parents to be vigilant about what social media their LITs use.

The use of the camp logo or photographs is not allowed on any social networking websites without written permission from Onondaga Camp.

FOOD POLICY

In recent years, because of their attraction to food, we have witnessed an increased incidence of raccoons and other small animals entering cabins and tents at Onondaga Camp. Although these animals do not represent an immediate threat to safety, they are disruptive and can cause quite a mess. A number of our LITs also have food allergies and it is for this reason that we request that parents do not send any food with their LITs to camp or send any food to them during their stay at camp. If LITs do possess food in their tents or cabins, unfortunately, LIT Directors will be placed in the difficult, and unfair position of having to remove it.

We do hope to receive full support from our families with this policy. Families are reminded that LITs receive three meals a day and a snack before bed. There is also a bowl of fruit out all day for LITs to eat. In addition, they have the opportunity to visit the Tuck Shop a couple of times a week where they can obtain treats such as pop, chips, and chocolate.

NUT ALLERGIES

Please be advised that Onondaga Camp is not a nut-free environment. While we do not serve peanut products in the dining hall, we are unable to ensure that all food served in the dining hall, items sold in the tuck shop or items brought into the camp do not contain nuts. If your LIT has a nut allergy, please contact the camp office. LITs with nut allergies attending camp do so at their own risk.

CELLPHONES AND OTHER ELECTRONICS

Camp is one of the only places in the world where we can experience life “unplugged”. At Onondaga Camp, we want campers and LITs to enjoy the outdoors without the distraction of screens. Camp provides an opportunity for us to leave those items behind and focus on making meaningful connections. With the above comments in mind, we ask that you support us with regards to our Screen Policy outlined in the following:

LIT 1 SCREEN POLICY

LITs are **NOT** permitted to bring any cell phones, tablets, or personal devices with a screen to camp.

Cell phones and other electronics will be confiscated if brought to camp and will be shipped home at the expense of the family. The cost associated with this is \$100.

LIT 2 SCREEN POLICY

LIT 2s are permitted to bring their cell phone to camp. These devices are to be kept in their cabin/tent at all times with the exception of the following:

- LIT 2s are permitted to bring their phones to LIT snack in the Dining Hall at 10:15pm.
- Cell phones and other electronics will be confiscated if seen outside of their cabin/tent during the outlined times and will be returned to the LIT 2 after up to 7 days or at the end of the session at the discretion of an Assistant Director.

HARASSMENT POLICY

Onondaga Camp is a place that welcomes people for who they are. We want all campers, LITs and staff to feel like they belong and have a place. We strive to make time spent at Onondaga Camp an incredible experience for everyone.

Bullying is not accepted in our environment. Onondaga Camp has been training its staff for years on how to recognize and deal with bullying in a camp setting. It has however, in our opinion, become necessary to detail an official Harassment Policy. Please review the following with your child and make them aware of the expectations Onondaga Camp has of them with regards to this issue. Onondaga Camp is fully committed to respecting and protecting the personal dignity and human rights of our campers, LITs and staff members. Campers, LITs and staff members have the right to enjoy the camping experience and work in an atmosphere that is free of any form of harassment or intimidation. The camp, staff members, LITs and the campers all share a responsibility for ensuring that such an environment exists at all times.

Harassment includes words, acts or gestures of a malicious, hateful, abusive or irritating nature, or the like, with regard to a person or group of persons that is known or ought reasonably to be known to be unwelcome.

Harassment also includes, without limitation, what is commonly referred to as bullying and vexatious words, acts and gestures against a person or group of persons on the basis of any of the following:

Academic Ability	Disability/Handicap	Family Status
Language	Religion	Age
Civil Status	Sex	Citizenship
Physical Appearance	Political Convictions	Race
Sexual Orientation	Colour	Place of Origin
Gender Identity		

Harassment can be a single incident or a series of incidents.

Campers, LITs or staff members found in violation of any of the above will be liable for:

- (i) a formal apology;
- (ii) a re-affirmation of the commitment to the camp (suspension); or
- (iii) expulsion; at the Director's discretion depending on the nature of the harassment.

In addition to any sanction imposed by the camp, staff members who engage in harassment could face sanctions imposed under the Ontario Human Rights Code.

DIVERSITY AND INCLUSION

Racism and intolerance go against everything Onondaga Camp is about. We are committed to the work that we need to do to stay true to our mission statement.

We must seek to better understand the inequalities that Black, Indigenous and people of colour face in a summer camp setting. It is only from there that we will be able to put into place actionable plans to make positive changes.

Camp is a place where everyone should feel welcomed and celebrated for who they are and we continue to take the steps needed to ensure just that.

GENDER POLICY

Onondaga Camp's approach to gender inclusion is informed by our mission

statement.

Onondaga Camp welcomes campers, LITs, and staff of all gender identities and expressions – cisgender, transgender, nonbinary, agender and gender-queer. As a camp, we seek to promote equity and foster inclusion by providing the support needed to help our 2SLGBTQIA+ campers, LITs, and staff thrive while at Onondaga Camp.

To that end, we are committed to working with campers, LITs, their families and staff to understand their needs and accommodating them to the best of our abilities. We are also committed to providing the necessary training to our staff.

Please note that accommodation for campers/LITs is done according to gender identity.

PERSONAL PROPERTY

It is very important, when living with others, that LITs respect each other's property. We do our best to make sure LITs look after their property. Parents must label all their LITs clothing and equipment. Please do not send LITs to camp with expensive or inappropriate items.

Onondaga Camp regrets that it cannot be responsible for any money not in its safekeeping or for any personal clothing or equipment lost, stolen, damaged or misplaced while at camp.

FREQUENTLY ASKED QUESTIONS

WILL I HAVE TIME OFF?

Similar to the camper experience, all LITs participate in Rest Hour after lunch and are encouraged to stay inside their tents and cabins out of the sun and recharge before the afternoon. On a rotating basis, LIT 2s will participate in Rest Hour Duty, where they will supervise a camper cabin for the hour after lunch and have their own Rest Hour during Period 4. All LITs are considered “off duty” after camper bedtime at 10:00PM in which they can choose how they would like to spend their time. All LIT 2s will have scheduled weekly ‘Break Day’ in which they will not be required to work at their activities or within their sections. LIT 2s will remain on site and all camp rules apply during this time. Mid-summer ‘changeover’ for LIT 2s begins the morning of Wednesday, July 22. LIT 2s must be back at camp by 12:00pm (noon) on Sunday, July 26.

AM I ALLOWED TO HAVE VISITORS TO CAMP?

As not all families are able to visit, we do not have a specific visitor’s day, nor do we put on special programs for visitors. You are welcome to come and visit your LIT during their stay. We would ask that visits take place between 12:30 pm and 2:30 pm. LITs should be back to participate in activities starting at 2:40 pm. Please call prior to your visit so we may ensure that your LIT will be in camp and not on an overnight or canoe trip.

If you wish to take your LIT out of camp while visiting, please check out and in with the camp office. **Please note, that LITs are permitted one visit per month.**

WHAT HAPPENS IN THE FIRST FEW NIGHTS AT CAMP?

The first few nights of camp as an LIT are integral for group bonding. On your first night, you will settle into your tent or cabin and complete a swim test after dinner. Your LIT Directors will have some fun programming planned for you and you will review the Camp Rules as a group. You will also participate in group activities and prepare for the arrival of the campers.

SUGGESTED CLOTHING AND EQUIPMENT LIST

The enclosed clothing list is merely a guideline and is not a mandatory list; families should use their discretion for substitutions. Please remember that you are sending your child to a camp and clothes will get well used. Therefore, old clothes are best. Most LITs will pack for camp in a duffle bag (trunks, plastic storage bins and suitcases are fine too). Cabins have storage shelves for each LIT. This is a list to be used as a guide only and is based on the needs of two week campers. **Please label everything with the LITs first & last name.**

The final dinner of each 4-week session is the Awards Banquet. Regular camp clothing is worn and welcome at this meal however many LITs will choose to bring a special outfit to wear (eg. a skirt/dress or a pair of shorts and collared shirt).

EACH LIT MUST COME TO CAMP WITH A GOVERNMENT APPROVED LIFE JACKET. LITS TRAVELING BY AIR: LIFE JACKETS WILL BE PROVIDED.

ALL LITS MUST BRING A WATCH, AND WE STRONGLY RECOMMEND BRINGING AN ALARM CLOCK.

CLOTHING

- 8 shirts or t-shirts
- 2 heavy warm sweatshirts/sweaters
- 2 long sleeve shirts
- 4 pairs of shorts
- 3 pairs of pants
- 8 pairs of underpants
- 8 pairs of socks (2 pairs of heavy socks for rubber boots)
- 2 pairs of pajamas
- 2 bathing suits
- 1 pair of rubber boots (with heels for riding)
- 2 pairs of running shoes (including an old pair for wet use)
- 1 pair of sandals or flip flops
- 2 sun hats
- 1 rain suit or rain jacket
- 1 laundry bag

BEDDING & TOWELS

- 2 pillow cases
- 1 pillow
- 1 sleeping bag
- 1 old blanket
- 1 fitted sheet (single)
- 4 bath towels

TOILET KIT

- 1 toilet bag or case
- 1 toothbrush & toothpaste
- 1 bar of soap/body wash
- 1 bottle of shampoo
- 1 comb & brush
- 1 box of tissues
- 1 bottle of sunscreen
- 1 mosquito repellent

OTHER ARTICLES

- 1 flashlight
- 1 pair of sunglasses
- 1 water bottle (durable)
- 1 Government approved life jacket with a whistle attached
- 2 pens or pencils
- writing paper
- stamped and addressed envelopes

OPTIONAL ITEMS

- 1 dry sack: 30-40 litre (for canoe trip) (available at outfitter stores)
- mosquito netting (for campers living in tents)
- books & games
- disposable camera
- plain white t-shirt for tie-dye

ITEMS NOT TO BRING

Please be sure to review these policies with your child before they go to camp. The following items take away from the overall camp experience and are not permitted at Onondaga Camp. **Any LIT found with the following items will have them confiscated: ELECTRONICS, CELL PHONES, FOOD, KNIVES.**

We hope that this booklet gives you a better idea about the LIT program and the great experience that lies ahead.

If you have any suggestions for its improvement for future years, please help by letting us know. If there are still any unanswered questions, please call the Toronto Office at 416.482.0782 or email camp@onondagacamp.com.

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