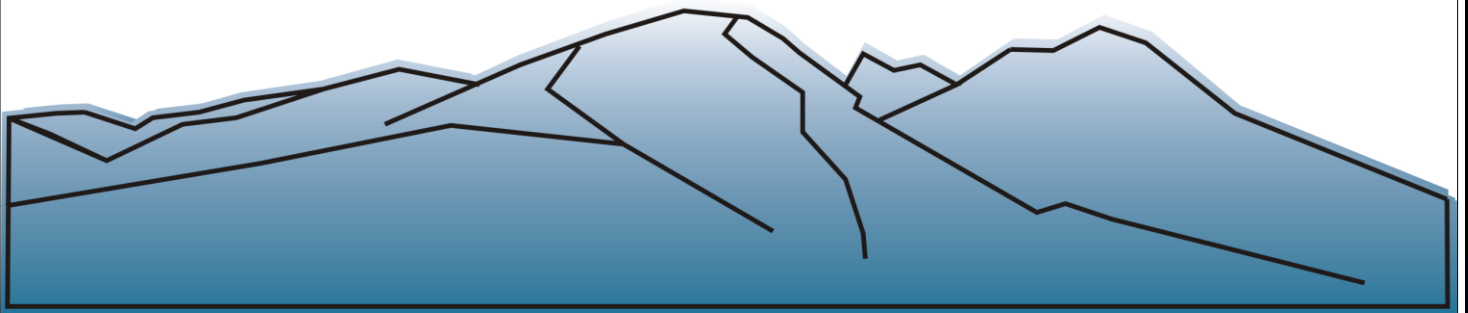




SDAR 2017



July 22-29, 2017

Smithers, BC



WELCOME TO SOAR 2017

Your patrol will be joining nearly 2,500 girls and leaders from BC and:

**Across
Canada**



**Throughout
the United States**

**and Around
the World**

You will have an opportunity to make new friends, share ideas, have fun and acquire knowledge about the Bulkley Valley in beautiful North-central BC.

This booklet will help you to have the best possible experience at this event. The key to success is to practice beforehand with your patrol. Learn the basic skills and practice with your equipment so your time at SOAR 2017 will pass smoothly, with many good memories!

WELCOME TO SOAR 2017

Thank you for taking the time to bring a patrol to this event. Without your commitment, there would be no SOAR 2017! We hope you enjoy your adventure at camp and make the most of opportunities to enjoy camping with others. We know you and your girls will take home many valuable memories from the event.

One of the exciting parts of camping inter-provincially or internationally is meeting girls and Guiders from other cities, provinces and countries. SOAR 2017 will have participants from Canada's provinces and territories, the United States and selected international groups. We anticipate having a wonderful time as we camp with patrols from all over the world!

ARE YOU READY FOR SOAR 2017?

You have a lot of things to consider in preparation for one of the most exciting and challenging camps in Canada this coming year. All of the committees are well into their planning for the camp. Some important questions you might have right now are:

WHAT'S GOING ON?
WHAT'S GOING TO HAPPEN?
WHAT DO I HAVE TO BRING?

This booklet will help answer these questions. If you have further questions, feel free to contact your Area SOAR Liaison or email soar@bc-girlguides.org.

SOAR 2017 promises to be a challenging adventure. For some of you, this challenge will be new; for others, it will bring back memories of previous camps. It is important that you prepare yourself and your patrol. Plan now for **at least two pre-camps**. This will allow you to get all the kinks out of your gear and ensure that everything is working and in good condition. It will also help to blend your patrol into an efficient unit that will feel comfortable with the tasks set before it at SOAR 2017.

Transportation to Camp

Patrols should check with their Area Liaison regarding transportation. All patrol and personal equipment must arrive by truck (one- or five-ton). At the time of publishing this book, all Areas except Monashee and Rivers North, will be pooling their resources and chartering planes into Smithers. Your Area Liaison will be providing further information about transportation, as it becomes available.

Our mascot, Felicity Fox, and the Steering Committee for SOAR 2017, are looking forward to meeting everyone!

GENERAL INFORMATION

ANIMALS:	As we will be in a natural habitat you can expect to encounter some animals. All non-perishable food must be stored in containers with tight-fitting lids. NO FOOD IN TENTS!
ARRIVAL:	Arrival times for your area will be assigned and emailed out to you. Arrival dates are Friday July 21 and Saturday July 22
CAMPING AREA:	The tenting area at SOAR 2017 will be divided into five sub-camps denoted by name and colour. Each sub-camp will be composed of approximately 50 patrols, a sub-camp administration team and a first aid area. The area will be flat and out in the open (tarping and storm lashing will be required). Sites could be no larger than 25X25.
CAMP STORE:	There will be a Camp Store on-site with the SOAR mascot, sub-camp crests, mugs, pens, stationery, jewellery, T-shirts and other souvenirs. There will be some camping and emergency supplies available.
CLOSING CEREMONIES:	Along with the closing ceremonies, we will be hosting a full-camp Fox Fest. For this exciting event, please bring your enthusiasm!!!
COOKING:	Plan on cooking with propane. A propane tank will be provided for each patrol. <ul style="list-style-type: none">• NO OPEN FIRES WILL BE ALLOWED.• NO WHITE GAS will be available.• NO buddy burners, charcoal (briquettes) or wood fires due to the fire hazard.
DEPARTURE:	Departure times for your area will be assigned. Departure will take place Saturday July 29.
ELECTRICITY:	There WON'T BE any available electricity for campers. Cell phone charging will be available for a small fee, with all proceeds going to CWFF.
ENVIRONMENT:	It is important not to destroy the local ecology. Be prepared for a VARIETY of weather and insects.
ACCOUNTABILITY DRILL:	A plan for an all-camp accountability drill will be given out upon arrival.
FIRE EQUIPMENT:	Each patrol must bring a fire extinguisher or alternative such as Cold Fire. You must know how to use it!

**GARBAGE DISPOSAL
AND
WASTE MANAGEMENT:**



Bring your own white kitchen-catcher-type garbage bags with ties for garbage. **NO GARBAGE IS TO BE LEFT AT PATROL SITES BECAUSE OF ANIMALS.**

We will be composting all organic waste at camp. Bring a bucket with tight-fitting lid to transfer your compostable material to the compost location.

GETTING AROUND CAMP:



You will need sturdy walking shoes that are well broken-in as you will be doing a fair amount of walking. Bring some moleskin to **carry with you** in case of blisters. We will not allow open-toed shoes at camp for safety reasons, and "flip flops" or "Crocs" are definitely not allowed. "Keen" type shoes, with closed toes and heel covering, are allowed.

QUARTERMASTERS STORE

NEW for SOAR 2017! Patrol Guiders not assigned other duties to help with camp or Program, will be given designated "shopping" times at the Quartermaster's Store. You will choose from a selection of proteins, carbohydrates, vegetables and fruit for the next several meals. Using this new system, we expect to eliminate the excessive food waste experienced at previous SOARs, while giving you the opportunity to cook what the girls would like to eat. More information is on page 8.

HOSPITALITY

The "Telkwa Range Guider Retreat" will provide coffee and conversation during "downtime" for Patrol Guiders and Core Staff during the day and, in the evenings, for Core Staff only.

ICE:

Ice will be available for all your food that is stored in your cooler on your site.

LANTERNS:



Bring a lantern or flashlight for the patrol area. Small propane cylinders for lanterns will be **ON SALE** at the store. Batteries will also be on sale (AA and AAA) if you have battery-operated lanterns. No open flames will be allowed in tents. It is expected to be light until 11:00 p.m. so flashlights may be all that are required.

LIVING QUARTERS:



We will be camping in **TENTS ONLY**. Now is a good time to check the condition of your tents. You will be assigned to a sub-camp and to a specific compact tenting area (as small as 25'X25') within the sub-camp. More information can be found on page 11.

LOST AND FOUND:

This will be located adjacent to the sub-camps. Please make sure all personal property is properly marked. Anything of value lost at camp will be kept in a secure location.

PATROL FLAG/BANNER:



Each patrol is asked to design and make a patrol flag/banner. It will be carried at the Opening Ceremonies and should be approximately 30" X 36" (70 cm X 90 cm) and be visible on your site. It should include the following:

- a. where the patrol is from
- b. district & area
- c. the distance travelled
- d. In further developing the theme "Spirit of the Mountains", please include information on mountains in your area.

Unlike the two previous SOARs, due to the distance to town there will not be a parade through town as part of the Opening Ceremony.

PROGRAM:

Multiple program areas will provide an opportunity for each participant to choose an exciting program. Program areas are active recreation, crafts, environment, fine arts, STEM, service and water activities and they will include activities both on and off the SOAR 2017 site. In addition, each Guide/Pathfinder sub-camp will spend a full day on a designated out-trip exploring local highlights. Rangers will take part in a 2½ day Adventure Out Trip of their choice and 2 days participating in regular Program.

Your patrol will spend one half-day in each program area, participating in various activities. Within each program area, each girl will rank her own individual activities. Program options and a "selection sheet" are available on the soarbc.com website; once girls make their choices, the completed sheet is returned to you so you can enter them into the online registration no later than February 28, 2017. Program choices received by the deadline date will be slotted into activities first, so be sure to get your patrol selection sheets in on time!

Each girl will receive her individualized program schedule on arrival at camp. Rangers may be contacted in advance regarding their Adventure Out Trips, if specialized equipment or gear is required.

In addition to individual programs, everyone will participate in all-camp events including Campfire, lunchtime Karaoke, visiting the Alpine Village to meet out of country guests, Opening/Closing ceremonies, International/Interprovincial night, and the final afternoons' "Fox Fest". Patrols may choose to do the all-camp scavenger hunt any time after opening ceremonies.

SECURITY:

The camp will be patrolled 24 hours a day.

SUB-CAMP TEAM:

Each sub-camp will have a responsible Guider, an assistant Guider, a quartermaster, and a first aider. They will be responsible for up to 50 patrols. This team will help patrols work together, supply information on program and events, and organize and implement sub-camp programs. The team is responsible to the sub-camp liaison team.

WATER ACTIVITIES:

We will be using nearby lakes, beaches and local pools as our designated swimming areas. Swimming will be part of the preselected water activity program and some off-site activities. Participants need to complete the swimming test (WA.2 for individuals or WA.3 for groups) and have them entered in iMIS prior to March 1, 2017. Forms are available on the national website and the SOAR website. Participants who do not have the testing completed and entered by the deadline date will not be considered for activities requiring the tests. So, why not have a pool party and have your group assessed in plenty of time? There will be water activities for non-swimmers.

TABLES:

There will be a table for each patrol. You will NEED to supplement this with folding lawn chairs/stools, or sit-upons (NO BENCHES AVAILABLE). Please bring something to protect the table under the stoves.

TELEPHONES:

No landline phones will be available for use by campers. Your local area emergency contact person will have an emergency contact number for the camp. If you choose to bring electronic devices to camp, please be advised that we are not responsible for loss or theft. There will be a charging station set up (for a fee/donation to CWFF) to charge these devices, but we expect it to be very busy - so bring solar chargers.

TOILET FACILITIES:

Portable toilets will be available in each sub-camp and activity area.

TOUR DAY:

Visitors will be allowed on-site for guided tours on Wednesday, July 26, from 1:00-4:00 p.m. CONTACT WITH CAMPER IS NOT POSSIBLE AS THEY WILL BE INVOLVED IN PROGRAM ACTIVITIES.

TRADERS:



This is the exchange of small tokens or crafts. Trading provides a good opportunity for girls to mix and share something from the area in which they live. The purpose is to provide a conversation piece that will help girls to get acquainted more easily with others. Traders should reflect the history, natural resources, handicrafts or nature of the campers' home community or country. Traders should not be items with any great monetary value. Have the girls plan and make them themselves. A tag attached with the name and address of the giver is also important. Crests or pins may also be used as traders. Crests made especially for SOAR should include the GGC Trefoil and will require logo approval - email to bcglogo@bc-girlguides.org for approval (it's easy!).

WAGONS:

It is recommended that your patrol brings a wagon for transporting gear and groceries.

WATER:

Water will be available near each sub-camp, but you must bring containers to hold and carry it. Water is potable. Each patrol must supply dishwashing facilities at its campsite. Grey water must be strained and dumped at the grey water site. There will be a wash tent available on each sub-camp (Bring a solar shower).

FOOD SERVICES

Introducing our new food distribution system!

For the first time at SOAR, Patrol Guiders will "shop" in the Quartermaster's Store. A shopping time will be assigned to each patrol each day, and the Guider who is not assigned to help with camp/program will be responsible for choosing the amounts and items that their patrol will eat for the next several meals.

Menus will show the daily entrées that are available, with various choices for proteins, carbs and vegetables.

Many items needed to cook meals will be provided in your staples. For instance: Stir Fry Chicken requires diced chicken and stir fry vegetables; these will only come into the store when on the proposed menu. Soya sauce, rice and oil are all available in staples.

You will receive a daily shopping list, which reflects this system. It will show items you need to pick up for that day and a list of items from main staples to take or replace as needed.

Staples will be available upon your arrival and for the rest of camp. There will be a short highlighted list of basic staples suggested that you take the first day and after that you can pick up what you need based on what your girls will eat.

Staples may include drinks such as hot chocolate, juice crystals, apple cider, iced tea, tea (regular and flavoured) and coffee; soup in a mug; cold cereal; oatmeal; rice; margarine; snack bars; honey; oil; non-stick cooking spray; condiments such as ketchup, soya sauce, mustard and mayonnaise; sugar (white and brown); a variety of salad dressings; jam; Ziploc bags; pancake syrup; fruit-to-go; aluminum foil and sandwich fold-top bags. Decaf coffee will be available on request.

Shopping times and other information will be in the booklet you will receive when you arrive at camp.

HEALTH AND WELLNESS

- GENERAL INFORMATION:** Each patrol must be fully equipped with a complete first aid kit. Each sub-camp will have a first aid station staffed by first aiders. There will be a **HEALTH CENTRE** on site, staffed 24 hours a day by registered nurses and first aiders.
- There will be two sub camp first aid stations on the Guide/Pathfinder sub camps and one on the Ranger sub camp. The sub camp first aid attendants will be responsible for minor issues and the Health Centre will handle assessment of serious illness or accidents. In addition, one of the two Patrol Guiders must hold a current First Aid Certificate, Standard level preferred (although Emergency level is accepted for in-camp). Each program activity off site will have a designated first aid attendant where Standard level may be required.
- HEALTH FORMS:** Another first at SOAR 2017! Parents will be providing health and dietary information through ePACT. Parents must print two copies of the ePACT information immediately prior to camp. You are responsible for ensuring you have two copies for each girl in your unit. One will be folded into the participants' nametag, and one will be kept by the Patrol First Aid Attendant.
- INSURANCE:** Parents/guardians are responsible for any medical fees not covered by medical insurance, i.e., prescriptions, eyeglass repair, dental care. **Participants from out of BC, please ensure that adequate medical insurance is provided and bring documentation of same.**
- ALLERGIES:** Participants requiring EpiPens or AnaKits for severe allergic reactions must carry them on their person at all times. It is imperative they know how and when to use them. Medic Alert bracelets should be worn by those subject to severe allergic reactions.
- ASTHMATICS:** Inhalers such as Ventolin should be carried with participants to use as needed. Again, it is important they know how and when to use them. Please be certain inhalers contain enough medication for the duration of the camp.
- MEDICATIONS:** **ALL MEDICATIONS** participants may require, both prescription and over-the-counter, including creams, ointments, eye/ear drops, inhalers and pills (e.g., Tylenol, Gravol, antihistamines, etc.) **MUST BE BROUGHT TO CAMP.** All medications of any type must be in their original container with complete instructions for dispensing on the label, and on the H.7 Medications Consent Form, which is given to the Patrol First Aid Attendant. Place medications in a Ziploc bag and clearly label with participant's name, sub camp and site number.

PREVENTATIVE MEDICINE:

All participants are required to always wear a hat, eat well, drink plenty of fluids, get lots of sleep and wear comfortable, closed-toed shoes. Bring sunscreen because it is going to be sunny every day while we are at camp!

Bring moleskin to carry in your daypack to help prevent blisters, and non-aerosol bug repellent to keep away those pesky flying critters.

CAMP PROTOCOL

- The Girl Guides of Canada Code of Conduct is the law of this camp.
- Quiet Time is between 11:00 p.m. and 6:30 a.m. **AND IS TO BE OBSERVED BY ALL ON-SITE.**
- **There will be designated hibernation areas for shift workers. All campers need to respect that the daytime sleepers in these areas require quiet.**
- Participants must **remain within camp boundaries** unless participating in a scheduled program off-site or performing assigned duties. If leaving the site for reasons other than scheduled program, participants **must sign out and back in when they return.**
- **Smoking** will be permitted in designated areas **ONLY.**
- **Alcoholic beverages and illegal drugs are forbidden for the duration of this event, which is sponsored by Girl Guides of Canada. This includes any time spent off the site.**

UNIFORM

EACH PARTICIPANT WILL RECEIVE A SUB CAMP HAT UPON REGISTRATION THAT MUST BE WORN AT ALL TIMES (except when sleeping).

Each participant is expected to present a **positive image** of the organization she represents to the public through her behaviour and appearance in uniform. Uniform is to be worn to and from the camp (for travel) and for the day trip to local venues.

Everyone will receive SOAR T-shirts upon arrival.



EQUIPMENT — PATROL AND PERSONAL

Included in this part of your SOAR 2017 booklet are suggested lists of both patrol and personal equipment.

These will serve as useful checklists even though some substitutions or variations will be required to fit individual needs.

Patrol Equipment — Things you should know

Tents, kitchen tarps or sturdy easy-up shelters, poles, cooking and dishwashing equipment are the responsibility of each patrol. It is important that your patrol be prepared with equipment that is in A-1 condition.

- TENTS:** No larger than six-person dome tents with full fly and vestibule are suggested. (One small tent can be allocated as an equipment/luggage tent if no vestibule.) Check to see that you have **ALL** the required stakes, ropes, sturdy poles, tarps, etc. Be prepared to camp without trees as there aren't any!
- TARPS:** All sites must be prepared for shade or rain. **Storm lashing is required for wind.** Good quality, freestanding shelters are recommended.
- STAKES:** The soil at the Bulkley Valley Agricultural Fairgrounds will tolerate both metal and plastic stakes. Sturdy stakes for storm lashing are required.
- GADGET WOOD:** Not available

**** Remember:** only those patrols that arrive at camp with the right equipment, in good condition, can expect to get the most out of their camping experience.

Your campsite could be as small as 25' X 25' (7.6m x 7.6m)

ALL patrol equipment is to be marked with sub-camp name **AND** site number on your coloured tags.

NO OPEN FIRES WILL BE PERMITTED



Patrol Equipment — General

- first aid kit (as per *Safe Guide*)
- tents (lightweight and waterproof)
- tarps, ropes, stakes, poles, free-standing shelters recommended
- tools (mallet, pliers, duct tape, etc.)
- butcher cord/binder twine
- 3 - 24" X 16" X 16.5" plastic totes—68 litre (no larger), marked with sub-camp and site number (used for food storage, hygiene storage and patrol boxes)
- solar shower bags
- cooler (family-size)
- one or two propane stoves **with attachments that can be tightened by hand (hoses and/or trees)**
 - *a 20-lb. propane tank will be provided
- stove lighters (some available at Store)
- one fire extinguisher (dry chemical or Cold Fire™ purchased in advance)
- propane lantern (optional) or battery-operated lantern
- spare mantles/glass chimney
- lawn chairs/stools
- folding table
- Wagon (preferably folding) or cart

Patrol Equipment — Miscellaneous

- four dishpans (one for handwashing)
- one or two water containers with lids and spouts for carrying and storing water
- one small empty can with lid for fat storage
- heavy duty plastic zipper-type storage bags
- small kitchen-catchers — 20" X 20" size (one per meal)
- cloth/J Cloths for serviettes in each dish bag
- small bottle of bleach
- clotheslines and pegs
- bucket for greywater with strainer
- sponges/J Cloths for washing up (different colour than for food covering)
- tea towels
- pot holders
- biodegradable dish detergent
- biodegradable hand soap
- pot scrubbers/SOS pads
- plastic tablecloth
- large garbage bags
- small bucket with lid for garbage
- small bucket with lid for compost
- small bucket or bin for vegetables

If there are extreme food allergies in your patrol, please bring a cloth shopping bag. A SHOPPING BAG FOR REGULAR FOOD ITEMS WILL BE PROVIDED.

****REMINDER****

Patrol equipment is to be packed in such a manner that it can be easily transported or carried onto the sub camps. It must be appropriately colour-coded and labelled. You must be able to carry your PERSONAL PATROL EQUIPMENT efficiently to and from your sub camp site. In some cases this could be a fair distance (approximately one kilometer). A small wagon or carry cart works well for moving equipment to and from the site.

Patrol Equipment — Cooking

- two or three large pots for cooking and heating water
- one small pot
- two frying pans
- teapot/coffee pot
- juice jugs
- serving trays/large platters or plates (for meat and veggies, etc.)
- mixing bowls (plastic or metal)
- knives: serrated paring knife and slicing and chopping knives
- colander
- serving spoons, including one slotted spoon
- tongs
- one ladle
- camp toaster
- measuring cups and spoons
- can opener
- egg beater or wire whisk or use fork
- rubber spatulas
- grater
- two egg-lifters/flippers
- two cutting boards
- wooden spoons
- baking soda
- vegetable peelers
- salt and pepper in shakers
- any spices and herbs you wish to use for your cooking, such as garlic powder, flour (small amount), onion powder, bullion, Siracha sauce, cinnamon, nutmeg, curry powder, etc.
- kitchen scissors

This is a basic list. Adapt it for the way you and the girls cook. Think outside the box—e.g., a mug can double as a measuring cup!

****REMEMBER****

**WHAT YOU BRING TO CAMP, YOU TAKE HOME
INCLUDING BUCKETS, CHAIRS, TARPS, POLES, ETC.**

PERSONAL KIT LIST

- HEALTH FORM:** Completed, up-to-date Personal Health Form, including photo, is to be printed twice from ePACT for each participant, which must be placed in the participants' nametag holder upon arrival at camp. The second copy is to be carried by the Patrol first aider.

**ALL LUGGAGE MUST BE LABELLED WITH YOUR NAME, SITE NUMBER AND SUB CAMP ON YOUR COLOUR-CODED LABEL.
All personal belongings must be marked with participant's name!**

The following are suggested items to be used by each camper. Please keep in mind that this camp will take place in an area where weather conditions may vary greatly.

Personal Equipment — For sleeping

- warm sleeping bag
- sheet liner/warm blanket (optional)
- Ensolite/insulating/inflating mattress
- small pillow and pillowcase (optional)

Personal Equipment — Clothing (enough for the week)

- Guiding uniform
- short-sleeve tops (no tank, spaghetti, halter or crop tops)
- warm sweater/sweatshirts
- long-sleeved shirt (lightweight, for sun protection)
- bathing suit and beach towel
- sturdy shoes/runners (no open-toed or slip-on sandals)
- lightweight, inexpensive shoes for water activities
- "Work Shirt" for Service
- shorts
- long pants
- windbreaker/jacket (warm)
- rain suit/long raincoat—must include hood/poncho (should be sturdy)
- waterproof rubber footwear (i.e., "duck boots" or rubber boots)
- underwear
- pyjamas
- socks
- plastic bag for dirty or wet clothes

Personal Equipment — Toiletries

- face cloth and towel
- in a bag:
 - biodegradable laundry soap in a container and clothespins
 - biodegradable hand soap in a container
 - hairbrush/comb
 - hair ties (for long hair)
 - sanitary supplies (mandatory)
 - handiwipes
 - small package of tissue
- deodorant
- shampoo
- toothbrush and toothpaste
- preparations for intense sun: sunscreen/PABA film (SPF 45)
- nose protection
- lip balm
- non-aerosol insect repellent



Personal Equipment — Miscellaneous

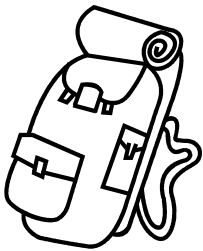
- tensor bandage—two- to four-inch with pins
- notepad and pencil/pen
- flashlight with extra batteries and bulb
- waterproof sit-upon
- pocket knife (Swiss Army-style)
- lashing cord, spending money (CANADIAN FUNDS ONLY): there will be opportunities to buy at the camp shop and on your day trips
- toque and mitts
- sunglasses
- unbreakable dishes in a mesh bag: plate, bowl, mug, knife, fork and spoon
- Litterless lunch kit including a reusable drinking box, a plastic sandwich container big and deep enough for a bun, and a cloth napkin.
- water bottle (one litre)—unbreakable and leak-proof
- spritzer bottle
- day pack
- moleskin (to be packed in day pack)
- personal medication (labelled—see HEALTH for instructions)
- items for Service Projects - Tenants Package or Transition House (see soarbc.com website)

Personal Equipment — Optional

- swimming goggles
- campfire blanket
- Girl Guide songbooks
- Personal electronics (at your own risk)
- camera (check batteries)
- book to read/autograph book
- Traders
- Solar charger

REMINDERS

- Personal belongings that are loaded on the trucks are to be packed in one piece of luggage (a duffel bag or backpack), plus a bedroll.
- Both your bag and your bedroll are to be labelled with your name, site number and sub camp on your colour-coded label/tag.
- **CHECK WITH YOUR AREA** regarding size of your gear - both personal and patrol!



DO NOT PACK PERSONAL ITEMS IN GARBAGE BAGS

YOU MUST BE ABLE TO CARRY ALL YOUR PERSONAL/OWN LUGGAGE

FOR SAFETY AND SECURITY

There will be no on-site security provided for your valuable electronics. Therefore, we strongly suggest you leave all your valuable mobile electronic devices at home. Please note that texting/calling, or listening to music during any program activity or ceremony will not be allowed, out of respect for those around you and those who have planned the event (except for Program specifically designed for this). A charging station will be set up (for a fee, with proceeds going to CWFF), but we expect it will be very busy. If you feel you must bring electronic devices, you should also bring a solar charger.

DO NOT BRING:

Food, gum, candy, curling iron, aerosols, blow dryers, open-toed or slip-on footwear, Guiding pins and cords (pins for traders are fine).

LEAVE VALUABLES AT HOME—ALL ITEMS ARE THE RESPONSIBILITY OF THE OWNER! Staff and Guiders are there for the safety of girls, not things!

PUT YOUR NAME ON EVERYTHING!