



## Welcome to the 2016 Jewish Outdoor Escape Ottawa Odyssey

at

**Camp B'nai Brith Ottawa Quyon, Quebec, Canada**

### **SECOND INFORMATIONAL EMAIL**

Dear Participant,

This is our second email to registered attendees of this event. Copies of all participant emails will also be posted at <http://2016event.mosaicoutdoor.org/AttendeeInfo.aspx> shortly after they are sent.

Here you will find the list of everything you will need to bring to this event (and some things you need not bring). If you've attended multiple events before, this won't seem like news, but there are a few items on the list specific to this event and its activities.

The list below is broken into sections. The first section lists what to bring for everyone. The second section is optional items that you may not need, but that might make your trip more enjoyable. Next are special items required for specific activities (read these sections if you are on any of those activities), and finally, things to leave at home because they are not allowed at camp or the event.

#### **WEATHER**

According to [AccuWeather](#), typical high temperatures in Quyon, QC this time of year are in the low- to mid-20's C /70's F, and lows are in the low-10's C /50's F. Temperatures and conditions can vary widely from these averages, however, so be prepared for a variety of weather.

As always, we do suggest you plan to dress in layers and bring rain gear just in case. We typically will not cancel an activity just because it is raining unless there is a safety issue (such as lightning).

#### **WHAT TO BRING**

- PASSPORT (From the U.S.)
- WATER BOTTLES/HYDRATION SYSTEM. Hikers are required to bring at least two liters (three for all-day advanced hikes) of water. Most hikes will not have places to fill up during the day, so it's important to bring enough with you. Anyone who does not have enough water will not be permitted on most hikes, at the leader's discretion. Please note that we will not be supplying water bottles this year.
- TOWELS (bring more than one in case they do not dry fast enough).
- Note: One bath towel is included for those who have purchased a bedding package
- SLEEPING BAG OR LINENS
  - Pillow
  - The beds in most cabins/rooms are common cot sized. Twin sheets should work. Couple rooms and some single rooms have queen sized beds. We do not know which single rooms have the queen sized beds at this time so don't ask or request one.
  - You must bring your own blankets, sheets, pillows or towels unless you already have purchased a bedding package from Mosaic. The camp DOES NOT have any available to rent or loan
- T-shirts. Non-cotton shirts and hiking pants if you have them.
- Long-sleeve shirt(s)



- Sweatshirt/Fleece/Insulating Jacket (synthetic material preferred). Two if you're prone to feeling cold
- Shorts
- Long pants (non-cotton hiking pants preferred)
- Underwear/socks
- Sleeping clothes (Be nice to your roommates, bring them even if you do not normally wear them). We recommend warm sleeping clothes, such as an extra sweatshirt/sweatpants, as the cabins can get chilly at night
- Sneakers and flip-flops (flip-flops are NOT permitted on hikes)
- Hiking boots or hiking shoes (REQUIRED for moderate and strenuous hikes, non-hiking sneakers typically do not have adequate tread)
- Water shoes if you plan to participate in any water activities
- Rain gear (Top and Bottoms. Umbrellas do not work well for hiking)
- Swimsuit
- Hiking Hat or Sun Hat
- (if you get cold easily) Wool hat
- Toiletries
- Any needed medications. Please notify us in advance if any special storage is required, such as refrigeration.
- Any needed food/snacks for special conditions or allergies. All food in the cabins must have a hechsher (sign of kashrut). No nut nor peanut products allowed in camp
- Daypack or fanny pack for hikes
- Flashlight/headlamp & extra batteries (the camp is dark at night)
- Sunglasses
- Sunblock
- Bug spray or lotion
- Medical Insurance card
- ID
- Pocket Money/Credit Cards



## **OPTIONAL**

- If you plan on tenting at camp, bring a tent, air mattress or sleeping pad, sleeping bag
- Camera/batteries
- Cell phone charger
- Power strip (outlets in the cabins are limited)
- Musical instruments
- Song books
- Camp chair, pad or blanket
- Compass/GPS
- Binoculars
- Earplugs
- Nature guides for flora and fauna ID
- T-shirts from previous events you attended and/or your local Mosaic club T-shirt -- show your local affiliation (but no rumbles with other chapters, please)
- \*\*This year, we ask you to wear your 2016 Jewish Outdoor Escape T-shirt (which you will be receiving when you check-in at camp) on Sunday.\*\*
- Clothes for Shabbat
- If you plan to play tennis, please bring your own racket and tennis balls • Alcohol is permitted in moderation. If you plan to bring alcohol, bring cups also. Cups may not be taken from the dining hall due to kashrut requirements. Anyone found doing so will be held responsible for the costs of kashering or replacement (at the camp's option).

## **SPECIAL ITEMS FOR BIKE TRIPS**

### **Recommended for ALL participants:**

- Bike shorts
- Riding gloves
- Bike Helmet (Wearing a bike helmet is mandatory on all Mosaic bike rides. If you are renting a bike, the helmet will be provided, but you may prefer to bring your own)
- Bike Lock - there will be times you will need this on your bike trips
- Water bottle that you can carry on the bike (vendor does not provide bottles)

### **REQUIRED if bringing your own bike:**

- Fat Tire Bike (no thin tire road bikes on the "All Day Ride out of Camp")
- A method of transporting your bike to/from the bike ride (you will be driving your own car)



- Bike Helmet (MANDATORY)

### **SPECIAL ITEMS FOR PADDLING & RAFTING**

- Sport sandals or water shoes (Open toed shoes are not permitted on the river)
- Croakies/string to hold on to your glasses
- Non-cotton clothing for your paddle or rafting trip (Cotton KILLS on the water. Please no jeans)
- We suggest wearing your swimsuit as a bottom layer.
- You may wish to bring splash jacket if you have one. The rafting vendor will supply a wetsuit for an extra fee
- A non-cotton warmth layer in case it is a cold day. Better to have one and not need it.

### **For those going on the Lusk Cave Hike**

- The Lusk Cave Hike combines a moderate hike and spelunking in a wild cave. For that reason, attendees are required to bring the following:
- Helmet - This may be a construction helmet, a bike helmet, etc. Something to protect your head in the cave when the ceiling gets low
- Flashlights - A minimum of two flashlights are required. At least one must be a hands free headlamp. The other can be a small flashlight with a wrist strap which can fit in a pocket. You will need the small flashlight to be waterproof.
- Change of clothes in a backpack. We will leave them by the mouth of the cave so we can change out of wet clothing before hiking back to the van.
- Plastic bags to carry your wet clothes on the return hike
- Hiking boots
- Shoes which can get wet. Water shoes may not be appropriate unless they come over your ankle. Gym shoes may be a better option.

### **THINGS YOU SHOULD LEAVE AT HOME**

- Outside food. Please be aware this camp does keep kosher. Therefore will be NO outside food allowed in the Dining Hall. Please keep all personal food items in your car if possible. All food in the cabins must have a hechsher (sign of kashrut). Please respect their wishes (no fried pork rinds, etc).
- The camp is nut/peanut free. Please do not bring any nut products to camp with you
- Pets
- Expensive jewelry and high heels
- Perfume/cologne
- Firearms/fireworks
- Illegal substances
- Bad attitudes



## **Check your registration**

Remember, we have instituted a change fee for registration changes which occur after August 22nd!

August 22nd will be the VERY LAST DAY for you to make ANY changes to your registration on your own. After this date you will need to contact us at [Registration@MosaicOutdoor.org](mailto:Registration@MosaicOutdoor.org) for anything pertaining to your registration. Any change requests after August 22nd will incur an \$18 change fee per item changed unless authorized by the chair people. Cancellation policies will override the change fee policy if you cannot attend the event. For more information about the change fee, please see the REGISTRATION page of the event website at: <http://2016event.mosaicoutdoor.org/Registration.aspx>

You probably have no idea how much chaos "little requests" such as changing hikes or adding your final transportation information causes. Please make your final activity selections NOW. We also need to know how you are planning on getting to camp. This is to make sure everyone is accounted for and that we have a final count for the MOSAIC shuttle. If you are on a waiting list for a housing upgrade or an activity, don't worry, the change fee does not apply if you get a last minute call that we've made additional room on your activity or housing preference has become available.

This link is not available in test mode. [Mobile Event Guide](#)