

OUTDOOR ADVENTURE PROGRAM
2026 PROGRAM READINESS CAMP AGENDA
August 23-24 (Sunday & Monday)

(Hosted at Wilderness Tours, 1260 Grants Settlement Rd, Foresters Falls, ON.
For directions, please visit www.wildernesstours.com.)

Sunday:

Arrive at Wilderness Tours no later than 11:30 a.m.

11:00 - 12:00 noon	Sign in and register at Reception Desk
12:00 p.m.	Lunch and Opening Comments – Pavilion
12:45 p.m.	Pick up wetsuits and change into rafting clothing
1:00 p.m.	Bus departs for raft trip
1:30 p.m.	Rafting on the Ottawa River – Swimming evaluation
5:30 p.m.	Return from raft trip – Return your wetsuits
6:00 p.m.	Dinner – Pavilion
7:00 p.m.	Group work – Case study/preparation/presentation

Monday:

6:30 a.m.	Breakfast – Pavilion
7:15 a.m.	Intro to rappelling/sizing for all equipment
8:30 a.m.	Group A: Trail run
	Group B: Cliff rappelling, personal interview
11:30 a.m.	Gear list and information
1:00 p.m.	Lunch – Pavilion
1:30 p.m.	Submit personal essay/Closing Remarks

PROGRAM READINESS CAMP ACTIVITIES

The Program Readiness Camp is a mandatory orientation weekend full of fun and challenging activities and acts as an introduction to the Outdoor Adventure Program. Students meet the program instructors and other students, are introduced to our skills training activities, learn program policies and expectations, experience the physical and fitness requirements, and learn the details of the program.

As the Outdoor Adventure Program is like no other college education, it is imperative our students are fully prepared and know what is expected of them to be safe and successful in our program. Attendance (via advance registration) at one of the Program Readiness Camps is mandatory, and a student may not start the program without first attending the mandatory orientation weekend. If you cannot make the dates listed, please contact the Program Coordinator to discuss options.

Students must complete the online Personal Information and Health Form and Waiver forms before the camp weekend available at:

<http://www.algonquincollege.com/pembroke/program/outdoor-adventure/applicant-personal-information-consent-health-form/>.

Parents are invited to attend the concurrent Parent Program with us at Wilderness Tours. This includes meeting with college student support staff, and info session, and use of the Wilderness Tours resort facilities. Details are available at

<https://www.algonquincollege.com/pembroke/program/outdoor-adventure/program-readiness-camp-parents-program/>.

The camp includes:

- Four meals (vegetarian option available)
- Rafting and swimming workshop
- Introduction to rappelling
- Trail running fitness assessment
- Use of equipment*
- Use of Wilderness Tours facilities
- All Program Readiness Camp activities

SUPPLIES REQUIRED FOR PROGRAM READINESS CAMP

There will be a variety of physical and group activities, so you should pack accordingly. Please include the following supplies:

- Sleeping Bag
- Tent (if you do not have access to a tent, let us know in advance)
- Footwear for rafting/swimming that won't fall off in water (i.e. sport sandals or old running shoes; flip flops or Croc type footwear is inappropriate)
- Running or hiking shoes for trail run
- Appropriate clothing for cool weather conditions
- Swimsuit
- Wool or fleece sweater
- Shell or windbreaker
- Towel and toiletries
- Sunblock/insect repellent

***Note:** All activity equipment is supplied. Participants will be required to sign a Wilderness Tours waiver form and use an assigned Wilderness Tours life jacket.

Program Readiness Camp Statement and Policies

In order to learn the skills necessary to become an effective leader in the outdoor adventure industry, we believe that individuals must perform beyond the limits of a mere participant and assume a greater degree of risk and challenge.

In the activities involved, there is an element of inherent risk which is beyond human control. Although we go to great lengths to manage these risks, we cannot assume responsibility for participant's safety or loss of personal equipment.

A signed liability release is required of all Program Readiness Camp participants before the Camp begins. A parent/guardian release must be completed for minors (under 18 years of age).

Applicants will not be able to participate in the Program Readiness Camp unless Algonquin College receives a signed liability release waiver prior to the Camp.

1. Alcohol and Cannabis

- **There will be no consumption of any alcohol or cannabis while participants are at the Program Readiness Camp.**

2. Smoking

- **No smoking is allowed at any time during any Program Readiness Camp activities.**
- **No smoking is allowed in vehicles or near equipment.**