



Western Educational Adventures Inc.  
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[www.westernadventures.ca](http://www.westernadventures.ca)

## Summer Outdoor Day Programs

Greater Victoria & Sooke BC

Please contact us if you have any questions

### Adventure X & Summer Teen Leadership Participant Requirements

#### About the Adventure X Program

Are you a returning family or new family looking for something more challenging or different than WEA's Classic Summer Day Camp or other summer camps? Our Adventure X Day Camp program takes outdoor adventure in Victoria BC to the next level. Each week children get to choose what activities they do from a list of extra-adventure activities. Options typically include things like wilderness navigation, fishing, full day lake canoeing, paddle boarding, kayaking, outdoor cooking, marine exploration, advanced archery, joining in on a day of Classic Camp and more. Like our Classic Day Camp program, Fridays are a fun-filled day hike to a distant, awe-inspiring location. This program is intended for kids with lots of energy who are physically fit and able to push themselves (within reason). The Summer Teen Leadership program is similar to Adventure X but with a career and leadership development focus.

#### Physical Fitness

Physical fitness is key for WEA's Adventure X & Summer Teen Leadership programs. If your child or teen is not very active, this program will not be a good fit. Our Classic Camp is a great camp for almost all children and a good introduction to fitness and the outdoors.

***Please note this program is not a good fit for families hoping to get their children more active. It is for kids who are already extremely active.***

In order for your child and the other children in Adventure X to have a good experience, your child should be able to:

- Be physically active for at least 7 hours a week doing moderate to intense physical activities like soccer, hockey, running, track, swimming, hiking, biking, etc.
- Run at least 1km or hike more than 12km in a day with at least 400m elevation gain.
- Hike Mount Finlayson in under 45 min with a 10lb backpack.

**For safety reasons, children not meeting these criteria should not be registered for Adventure X. Children who do not meet these criteria and are registered anyway may have to miss certain days of the program without refund.**

#### A Note On Gear

As we operate our programs 100% outside and often in wilderness environments, it is essential that all families pack all items on our packing list. Failing to do so may compromise your child's safety and experience. In addition to the other items on our packing list, your child must have hiking boots (or possibly runners) and a proper backpack like the Osprey ACE series. We do have these backpacks available for rent.