

How much does it cost for me to attend?

There is no fee to participate on these weekends. There are some costs associated with participation. These include:

- **A \$100 deposit to reserve your spot.** We ask you to make out a cheque payable to BCMOS and mail it to:

BCMOS
318 – 425 Carrall St.
Vancouver, BC V6B 6E3
ATTN: David Ostro

The deposit will be completely refunded to you during your weekend at Agur Lake. (i.e. we'll give you back your cheque)

- **You are responsible for providing transportation to and from the camp.** If this may pose a challenge, please let us know and we will do our best to arrange carpools to the extent possible.
- **You are responsible for each day's breakfast** for yourself and any friends, family or caregivers that attend: BCMOS will provide lunches, snacks and dinners. Participants are responsible for bringing their own food and drink for the two breakfasts. You may bring any food that you like to enjoy over the weekend, each cabin has a full kitchen. Please let us know in advance of any food allergies or intolerances so that we can try to account for these in our planning.

How many friends and family members can I invite?

Because space in the cabins is limited, and we want to include as many participants as possible, we can only accommodate one guest per participant in the cabins. That could be a friend, family member or care attendant. There is no additional cost for that person, they will only need to bring the same items as participants.

Additional friends and family members are welcome to camp for the weekend, either in an RV or tent. They are invited to take part in all of the activities, and enjoy the communal meals.

Agur Lake Camp offers **seven** dry RV / camping spots to host additional participants, friends, families, staff and volunteers. A detailed description of the cabins and facilities can be found at <https://agurlakecamp.ca/camp>.

How much does it cost for my friends and family to come?

The cost will be \$100 per person, for the weekend.

What are the sleeping arrangements?

Our objective is to host a maximum number of participants with disabilities during each of the three weekends. The camp offers three fully accessible cabins that can each sleep **six**, with four hospital-style beds in two bedrooms of each cabin, plus a convertible couch in the common living room. One cabin also has ceiling lift tracks, participants should bring their own sling.

I am not sure whether any friends or family will be able to participate. Can I still attend?

Absolutely! Please contact BCMOS in advance so that we can try to make any necessary arrangements.

I need assistance with various day-to-day tasks and personal care. Will there be caregivers available to assist me?

No, aside from volunteers who will help with transfers in and out of adapted equipment (TrailRiders, kayaks, etc.), participants will need to have someone with them to help with dressing, eating, toileting, etc.

How do I sign up?

If you're interested in attending one of the weekends, please email your registration form to bcmos30@disabilityfoundation.org with your name and which of the three weekends you would like to attend.

When registering for a weekend, please consider:

- Whether you anticipate any friends or family attending and if so, how many.
- Specific requirements for accommodations: lifts to get in/out of bed? Do you need any helpers to be staying in the cabin to assist if needed?
- Ability, interest or willingness to camp in a tent or RV?
 - If so, do you have a tent or RV that you would be able to use? If it is an RV, please confirm the size and type so that we can ensure adequate spacing.
- Ability, interest or willingness for your friends/family to camp in a tent or RV?
 - If so, do they have a tent or RV that they would be able to use? If it is an RV, please confirm the size and type so that we can ensure adequate spacing.

A long weekend, with meals, accommodation and activities included, at no cost. Is there a catch?

No, BCMOS is dedicated to helping people with physical disabilities experience nature through accessible outdoor recreation. This is a celebration of our 30 years of making nature accessible and our desire to share that with people from communities throughout British Columbia.

Is there something that I can do to pitch in for this terrific opportunity?

Yes, BCMOS has set up a special fundraising webpage for people who would like to give back by telling friends, family and acquaintances about their upcoming adventure and asking their support. Participants and volunteers interested in learning more about helping BCMOS should contact David Ostro at 604.688.6464 ext. 107 or at bcmos30@disabilityfoundation.org.

Participants can also help by merely spreading the word about BCMOS, accessible recreation and the opportunities for people with disabilities to be active and involved in the outdoors.

I've never done any fundraising before, what would I have to do?

BCMOS has set up a fundraising webpage for the event on CanadaHelps and will help interested participants to set up their own 'peer-to-peer' webpage, and share it with friends, family and contacts through email and social media to ask for support. Some important advantages of this strategy include:

- All supporters will receive a tax receipt regardless of the size of their donation;
- The webpage provides secure payment options so that supporters can make their online donations confidently;
- Online payments go directly to BCMOS so you will not need to collect any money;
- Your webpage can include BCMOS branding and a link to the main BCMOS homepage to provide your supporters with additional information about the weekend and the organization.

I am not on Facebook, Twitter or other social media. What can you suggest?

Fundraising pages created on CanadaHelps can be shared via social media or can be sent to individual email addresses. In addition or if you prefer, you can also print the page you create and use good old-fashioned letter mail for an even more personal touch. Indeed, the more personalized a fundraising request is, the better the response tends to be.

I am not comfortable using the internet to raise funds. Are there any alternatives?

There is no requirement to use the BCMOS CanadaHelps website. It is simply a tool we are employing to help with fundraising. Participants are welcome to suggest any fundraising strategies that they are comfortable with for this campaign. Please talk to us and we will help ensure you have the tools you need.

Can you help set up my webpage, prepare my story, choose pictures, etc.?

Assistance will be provided to help ensure the functionality of the fundraising webpage and to help you craft your story and strategy.

How much do I have to raise? What happens if I don't reach the goal? What happens if I raise lots of money?

We encourage participants to target a fundraising objective of \$500. That said, while participants are encouraged to fundraise for this event and prizes will be offered for the most successful campaigns, it is not a requirement. As such, raising less than your fundraising goal does not preclude your attendance.

NOTE: The top three fundraisers will receive prizes that have been donated by BCMOS event partners.

What do I need to bring?

At a minimum, all participants and attendees are required to bring the following items:

- Breakfast for two mornings,
- Personal clothing including several layers for warm days and cool nights,
- Sheets and towels for the weekend (there is no laundry service at the camp),
- Bathing suits or suitable attire for water activities,
- Sun hats, sunglasses and sunscreen,
- Rain gear (forecast dependent),
- Toiletries.

In addition, participants are encouraged to bring any adaptive hiking, cycling, camping, climbing, sailing or paddling equipment that they may own or have access to.

What activities can I try?

BCMOS will provide TrailRiders for hikes, adaptive kayaks, and 'Onit' paddleboards. Depending on interest, we are also evaluating options to include handcycles (road and/or mountain), and rock climbing equipment. Agur Lake also offers fishing equipment and has a wheelchair basketball hoop/court. The registration form has space to indicate activities of interest.

I've never tried these activities before and don't have any of the equipment. Can I still come?

Absolutely! The purpose of this event is to encourage participants to try new outdoor activities and re-imagine what is possible. Adaptive equipment needed for these described activities will be provided. If you believe you may require any specialized equipment, please contact us so that we can try to make it available.

Do I need to bring any special equipment or gear?

No. If you have any adaptive equipment that could help you or others enjoy the wilderness, please let us know so we can help make arrangements to bring it along.

How will we learn to use and/or adapt the equipment based on our needs and abilities?

Skilled instructors will provide instruction and guidance for each activity.

How are meals and snacks arranged? What is the cost?

BCMOS will be providing food for lunches, snacks and two camp dinners. Participants and their guests are responsible for their own breakfasts for two mornings. Note that all cabins have kitchens that include the following items: refrigerator, 2 counter-top cook elements, full-sized oven, microwave, table and chairs for 6, full set of dishes for 6, pots and pans, toaster, crock pot, and a coffee maker.

I have special food requirements, allergies, intolerance, etc.

Please let us know in advance so that we can try to make the necessary arrangements.

Can I bring a pet with me?

Only registered service animals are permitted at Agur Lake Camp. Proof of registration will be required.

I have unique requirements. Who can I speak with?

Please contact David Ostro at BCMOS to discuss any questions or concerns. David can be reached at 604.688.6464 ext. 107 or at bcmos30@disabilityfoundation.org.

Any other questions?

Please reach out to David at 604.688.6464 ext. 107 or bcmos30@disabilityfoundation.org.