

Empowering Youth for Junction Creek

Basic Outdoor Skills Session

One of the best ways to connect with nature, other people, and ourselves is by spending time outside exploring! Being in nature is always an adventure, and learning basic outdoor skills like fire-starting and shelter building doesn't only keep us prepared for the unexpected, it also helps build self-confidence, inner strength, and sense of empowerment outdoors.

Build your knowledge and practice essential outdoor skills at this session with some tips and tricks to help you feel confident and safe while you explore!

All Communities

When: Sunday, September 18th

Location: Lake Laurentian Conservation Area
Meet at the parking lot (P2) for the BioSki Trails
(2420 South Bay Road)

Time: 2:00pm - 4:00pm

Getting there: Please contact us if you need a ride to this session

Rain day Location: Lake Laurentian Conservation Area
Parking lot (P2) for the BioSki Trails (2420 South Bay Road)

***Note:** If it is looking like a rain day, we will email you the day before the session.

Session Description

Participants will have the opportunity to learn introductory outdoor skills from certified outdoor adventure guide, Chanel! During the session you will learn different fire-starting techniques, cook a tasty treat over an open-flame and practice setting up a shelter that will protect you from the wind and rain. Chanel will also talk about what it means to be an outdoor steward and leaving no trace while on your next great adventure.

The session will take place in rain or shine.

Items to bring for the session

Water, sunscreen, sun hat, rain jacket, bug repellent, stable shoes for walking, pen/pencil, notepad

Week 8: Take home resource/activity

TBD

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Week 9: Expert and Knowledge holder profile

Chanel Lalonde
(she/her)



Chanel has been a certified outdoor adventure guide since 2015. She completed her certifications through the Canadian Outdoor Leadership Training program in British Columbia. Chanel also holds a Wilderness First Responder certification. Since completing her training she's guided multiple canoe, kayak and hiking trips on Vancouver island and in Ontario. Her favourite outdoor adventure sports are kayaking, canoeing, rock climbing as well as hiking. Chanel's favourite part about camping is fire starting and cooking over an open flame.

Contact info

If you have any questions, comments ,or concerns about the program or a session, you can contact us at: jcscyouthprograms@gmail.com