

KURIAKOS

I belong at camp.

YOU BELONG HERE

Summer 2026 Parent Welcome Guide



Adventure. Faith. Friendship: We are so excited to welcome your camper to Kuriakos this summer.

WWW.KURIAKOS.AB.CA

587-468-2267

WELCOME FROM THE KURIAKOS TEAM

Welcome to Kuriakos!

We are so excited that your camper is joining us this summer. Whether this is their first camp experience or they are returning for another adventure, we cannot wait to welcome them into our community.

Kuriakos is a place where campers belong. Here, campers are known, valued, encouraged, and invited to grow. They belong in community, in the beauty of God's creation, and in God's love.

Thank you for trusting us with this important week in your camper's life. Our staff have been praying, preparing, and planning for a safe, fun, and meaningful summer. We cannot wait to see the ways God moves at camp this year.

See you soon,

The Kuriakos Team



Welcome to camp.

What makes Kuriakos different?

Belonging: Come as you are. Every background and story is welcome here.

Growth: Build confidence, leadership, and faith through meaningful experiences.

Together: Cabin groups, shared meals, and campfires create lasting community.

SUMMER 2026 THEME: WEAR LOVE



Colossians 3:12-14

Above all, clothe yourselves with love, which binds everything together in perfect harmony.

This summer, campers will discover what it means to Wear Love every day. Through worship, Bible discovery, outdoor adventures, campfires, cabin conversations, and everyday moments together, campers will explore how God's love shapes who we are and how we share that love with others.

Kindness Love in action	Humility Putting others first	Calmness Finding peace with God	Steadfastness Trusting God in challenges	Forgiveness Living in grace
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Our prayer is that every camper leaves knowing they are deeply loved by God and equipped to share that love in their home, school, church, and community.

BEFORE YOU ARRIVE

Arrival Registration begins Sunday at 4:00 PM. Please check in when you arrive.	Departure Camp concludes Friday at 2:00 PM. Please pick up campers by 3:00 PM.	Medications All medications, including vitamins, must be in original, properly labelled containers and handed to staff at check-in.
Packing Use the packing checklist. Label everything and pack for warm days, cool evenings, and rain.	Camper Mail Send notes to campermail@kuriakos.ab.ca before 10:00 AM for same-day delivery.	Questions Call the office at 587-468-2267. We are happy to help before camp begins.



Camp days are filled with adventure, friendship, and time in creation.

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PACKING CHECKLIST

This sample list is designed for a 5-night program. Please contact us if you need help acquiring supplies. Please label all camper belongings.

Clothing	Outdoor Gear	Bedding & Personal	Important Items
<input type="checkbox"/> Backpack	<input type="checkbox"/> Rain coat	<input type="checkbox"/> Pillow	<input type="checkbox"/> Name tag from past programs
<input type="checkbox"/> 5 T-shirts	<input type="checkbox"/> Rain pants	<input type="checkbox"/> Sleeping bag rated to 0C	<input type="checkbox"/> Signed waiver/registration form, if not completed online
<input type="checkbox"/> 2 long pairs of pants	<input type="checkbox"/> Rain boots	<input type="checkbox"/> Extra blanket	<input type="checkbox"/> Medications in original, labelled containers
<input type="checkbox"/> 2 pairs of shorts	<input type="checkbox"/> Closed-toed running shoes	<input type="checkbox"/> Toiletries	
<input type="checkbox"/> 2 sweaters or sweatshirts	<input type="checkbox"/> Hat	<input type="checkbox"/> Towel	
<input type="checkbox"/> Socks	<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Bible	
<input type="checkbox"/> Underwear	<input type="checkbox"/> Insect repellent	<input type="checkbox"/> Book to read	
<input type="checkbox"/> Swimsuit		<input type="checkbox"/> Flashlight or headlamp	
		<input type="checkbox"/> Reusable water bottle	

Please leave these items at home

Cell phones, smart watches with communication features, laptops, tablets, gaming devices, MP3 players, valuables, cash, knives, and weapons. Disposable cameras are welcome.

LIFE AT CAMP

Every day at Kuriakos is a little different, but each day is designed to help campers grow in confidence, friendship, faith, and joy.

Morning	Breakfast, cabin cleanup, worship, and Bible discovery
Midday	Activities, lunch, rest time, and free time
Afternoon	Waterfront, climbing, crafts, sports, or choice activities
Evening	Supper, wide games, campfire, and evening program
Cabin Time	Cabin devotions, conversations, and community building
Lights Out	Rest for another full day of camp



ADVENTURES AWAIT

Camp is full of opportunities to try something new, build confidence, encourage others, and enjoy the outdoors.

<p>Waterfront</p> <p>Swimming, canoeing, kayaking, paddle boats, and lake fun.</p>	<p>Challenge</p> <p>Climbing tower, high ropes, low ropes, and team-building adventures.</p>	<p>Creativity</p> <p>Crafts, wood shop, theme activities, skits, and creative projects.</p>
<p>Play</p> <p>Wide games, sports, playground, gymnasium, and cabin group challenges.</p>	<p>Faith</p> <p>Daily worship, Bible discovery, prayer, and campfire reflections.</p>	<p>Community</p> <p>Shared meals, cabin life, campfires, laughter, and lasting friendships.</p>
<p>Trying New Things</p> <p>Campers are encouraged to participate, ask questions, and grow at their own pace.</p>	<p>Support</p> <p>Staff are present to encourage, guide, and help campers throughout the week.</p>	<p>Memories</p> <p>Every camp week is unique, and every camper has a place here.</p>
<p>A place to belong</p> <p>At camp, campers are invited to show up as they are, discover new strengths, and become part of a welcoming community.</p>		

HELPING YOUR CAMPER SUCCEED

Before camp

- Talk positively about camp and the adventures ahead.
- Pack together so your camper knows where things are.
- Let your camper know it is normal to feel excited and nervous.
- Encourage them to try new things and make new friends.

Homesickness

- Missing home is normal, especially for first-time campers.
- Encourage your camper to talk to their counsellor if they are struggling.
- Avoid promising an early pickup. Instead, celebrate their courage.
- If significant concerns arise, camp staff will contact you.

Unplug to connect: Camp is a special place to step away from screens and be fully present with friends, creation, and God. Please leave phones, smart watches, tablets, laptops, gaming devices, and other electronics at home.

Camper mail: Want to send a note? Email campermail@kuriakos.ab.ca before 10:00 AM, and we will print and deliver it at lunch.

HEALTH, SAFETY & CARE

Your camper's safety and well-being matter deeply to us. Our staff are carefully selected, trained, and supported so campers can enjoy a safe and welcoming camp experience.

- Program staff receive pre-camp training and first aid preparation.
- Activity leaders receive training appropriate to the activities they supervise.
- A Camp Medic or designated health-care provider supports camper wellness during youth programs.
- Kuriakos is accredited by the Alberta Camping Association.
- Parents/guardians will be contacted if significant health, safety, or homesickness concerns arise.

LOST & FOUND

Please label everything

Kuriakos is not responsible for lost or damaged personal items. Before leaving camp on Friday, please take a few moments to check your camper's cabin and belongings. Lost and found items are kept for one week following the end of your camper's program. Any unclaimed items after one week will be donated to a local charity.

FREQUENTLY ASKED QUESTIONS

Can my camper call home?

Campers do not phone home unless needed and approved by camp leadership. If there is a concern, staff will contact you.

Can I check in during the week?

Yes. Please contact the camp office and staff will be happy to provide an update when possible.

Can campers bring snacks?

Please do not send extra snacks unless arranged for medical or dietary reasons. We provide plenty of food and treats.

What about photos?

Follow Kuriakos on Facebook and Instagram for photos and highlights throughout the summer.

What should stay home?

Phones, smart watches, gaming devices, valuables, knives, weapons, cash, and expensive electronics.

What if something is left behind?

Contact the camp office as soon as possible. Items are held for one week and then donated.