

PACKING LIST

MANDATORY

- ___ Rain Gear - a durable 2-piece rain suit, with good sealed seams for water repellent (no ponchos)
- ___ Life jacket -- (*NOTE: must be government approved. Preferable with neck flap designed to keep face up. Vest-type is most comfortable for sport activity.*)
- ___ Sleeping bag -- (*lightweight, synthetic fill, quick drying*) – one per child.
- ___ Flashlight and batteries -- (*Keep it simple. Regular 2 D-cell flashlights are best. Nothing big or fancy.*)
- ___ Soap & container -- (*biodegradable soap only*)
- ___ Shampoo in plastic container -- (*biodegradable shampoo only*)
- ___ Toothbrush and toothpaste
- ___ 2-3 sun hats
- ___ Sunscreen (*minimum S.P.F. #30 protection*)
- ___ 2 Duffel bags
- ___ 2 Water bottles (NALGENE works best)
- ___ Stationary, envelopes, pens, pencils, markers (*Tip: pre-address the envelopes.*)



SUGGESTED

(feel free to substitute items or quantities)

CLOTHES

- ___ 4 Sweatshirts or sweaters
- ___ 1 light jacket
- ___ 1 heavy jacket or parka
- ___ 10 T-shirts (*mixture of short AND long sleeve*)
- ___ 3 pair sneakers
- ___ 1 pair hiking boots (*will get wet on canoe trip*)
- ___ 1 pair beach shoes or flip-flops
- ___ 1 pair rain boots
- ___ 1 durable two-piece rain suit (*NO ponchos*)
- ___ 3 pair jeans or warm pants
- ___ 4 pair sweatpants
- ___ 4 pair pyjamas
- ___ 4 swim suits
- ___ 6 pair shorts
- ___ 15 pair socks
- ___ 15 pair underwear
- ___ 1 bathrobe
- ___ 1 belt



IN-LINE SKATING & HOCKEY

- ___ To take part, you MUST bring your own skates and all essential safety equipment: wrist, elbow & kneepads. (*Camp provides all other Hockey equipment.*)
- ___ Protective Cup (*recommended*)

HIGHLY RECOMMENDED

- ___ 2 blank white T-shirts (for silk screening)
- ___ Dry Bag (*for canoe trips. 20 lb. Size will do.*)

OPTIONAL

- ___ Baseball glove
- ___ Fishing equipment
- ___ Musical instruments
- ___ Books and games (*nothing electronic; nothing trading or gambling related.*)
- ___ Swim mask and fins
- ___ Camera (inexpensive)
- ___ Costumes
- ___ Personal Epi-Pen (if applicable for allergies, to supplement camp's inventory of Epi-Pens)

BEDDING & TOWELS

- ___ 4 sheets (2 flat, 2 fitted)
- ___ 2 pillowcases
- ___ 1 pillow (*no feathers*)
- ___ 3 heavy blankets (*easy drying and NOT electric*)
- ___ 6-8 bath towels

SUPPLIES

- ___ Deodorant
- ___ Kleenex
- ___ Comb and hairbrush
- ___ Sanitary needs
- ___ Nail clippers
- ___ Ditty bag or toiletries case
- ___ Bug repellent (*lotion or spray; regular strength will do. Minimal DEET content is advisable.*)

QUICK TIPS...

1. Pack light. 2 Duffel Bag maximum. NO suitcases, footlockers, or boxes.
2. Bring spare shoes, swimsuits, towels, etc. Things take time to dry.
3. Bring 7 days worth of basics like underwear, etc. Laundry goes out weekly – overnight service.
4. Send OLD stuff. No need to buy everything new.
5. LABEL EVERYTHING!!!