

PACKING LIST

All items should be packed in two duffle bags, no suitcases or trunks)

ESSENTIAL ITEMS

- ___ durable rain gear (2-piece rain suit with good sealed seams, no ponchos)
- ___ lifejacket (government approved, preferably with neck flap designed to keep face out of the water)
- ___ sleeping bag (lightweight, synthetic fill, quick drying) – one per child
- ___ flashlight and batteries (nothing big or fancy)
- ___ 2-3 sun hats
- ___ 2 good quality water bottles (Nalgene, Kleen Kanteen, etc)
- ___ stationary, envelopes, pens (pre-addressed, non-stamped light coloured envelopes)
- ___ 3 Epi-Pens (if applicable for allergies)
- ___ 2 inhalers (if applicable for any campers with asthma)
- ___ dry bag (30 Liter is the perfect size)



RECOMMENDED ITEMS & QUANTITIES

CLOTHING

- ___ 12 short sleeve t-shirts
- ___ 2 blank white t-shirts (for special programming)
- ___ 4 long sleeve t-shirts
- ___ 4-5 sweatshirts (or sweaters)
- ___ 5 long pants / sweatpants / jeans
- ___ 6 shorts
- ___ 4 pyjamas
- ___ 6 swim suits
- ___ 15 socks (maybe in zip locks to stay clean/dry)
- ___ 15 underwear (see socks)
- ___ 1 bathrobe
- ___ 1 light jacket
- ___ 1 heavier jacket or parka
- ___ 2-3 pairs of sneakers
- ___ 1 pair of sturdy / hiking boots for trip
(Junior Tamakwas are fine with running shoes)
- ___ 1 pair of beach shoes / flip flops
- ___ 1 pair of rain boots

TOILETRIES & OTHER

- ___ **BIODEGRADABLE** soap (or liquid soap)
- ___ soap container
- ___ **BIODEGRADABLE** shampoo and conditioner
- ___ 2 toothbrushes (they get dropped in dirty places)
- ___ toothpaste
- ___ deodorant
- ___ sunscreen (**minimum SPF #30**)
- ___ bug repellent
- ___ nail clippers
- ___ toiletries case/bag or plastic bucket
- ___ hairbrush and/or comb
- ___ sanitary needs

BEDDING & TOWELS

- (cot size bedding fits best, but twin will also fit)
- ___ 2 sets of sheets (fitted and flat)
- ___ 2 pillowcases
- ___ 1 pillow
- ___ 2-3 blankets (**NOT** electric)
- ___ 6 towels (mix of beach and bath)

OPTIONAL

- ___ baseball glove
- ___ inline skates (see page 20)
- ___ fishing equipment
- ___ musical instruments
- ___ **iPod Shuffle or MP3 player** (no other iPods are allowed because they play videos, they will be confiscated and not returned - see page 22 as well as our "**No Screen Policy**" insert)
- ___ playing cards, games and books (nothing electronic or gambling related)
- ___ swim goggles
- ___ sunglasses
- ___ camera (inexpensive of course)
- ___ costumes
- ___ 1 "clean" outfit for banquet night
- ___ fanny pack for canoe trips or cookouts



A FEW QUICK TIPS...

1. Pack light. 2 duffel bag maximum.
2. Consider spare shoes, swim suits, 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!!!**

SPECIAL NOTE ABOUT IN-LINE SKATING & HOCKEY

Our rink is used for both FREE SKATING and for HOCKEY. Both are great exercise and great fun, but must be SAFE. That brings us to the issue of safety equipment. We must insist that everyone complies with our safety and equipment requirements. We have tried to integrate this activity without our camp families having to incur substantial cost to equip their children. Yet there is no question that both the camp and the parents must be prepared to share in providing certain equipment to make the program safe.

YOU SHOULD BRING YOUR OWN

1. IN-LINE SKATES (although camp does have a limited supply of skates of various sizes for campers to use)

CAMP WILL PROVIDE THE FOLLOWING FOR HOCKEY

(but can be brought to camp, if desired)

1. HOCKEY HELMETS WITH FULL CAGES/SHIELDS
2. HOCKEY STICKS
3. SHIN PADS
4. ELBOW PADS
5. HOCKEY GLOVES
6. ALL GOALIE EQUIPMENT

RECOMMENDED

1. PROTECTIVE CUP

LABEL YOUR STUFF

Please make sure that names are permanently and clearly marked on all inline skates and safety equipment. Many skates and pads look alike. **PLEASE**... clearly and securely label all equipment... markers work best as labels tend to fall off.

LIKE ALL OTHER CAMP ACTIVITIES, WE RECOMMEND CAMPERS OF ANY AGE (BOYS AND GIRLS, YES... GIRLS INCLUDED) TO PARTICIPATE IN OUR INLINE SKATING AND/OR HOCKEY PROGRAMS

NOTE: STAFF MEMBERS, LIKE ALL CAMPERS/CITS, ARE REQUIRED TO WEAR HELMETS WITH FULL CAGES/SHIELDS.

OFFICIAL TAMAKWA CLOTHING FROM ROOTS

Official Tamakwa clothing purchases are OPTIONAL. Tamakwa clothing is produced by ROOTS and at this time will only be available through our Clothing Order Form and not at any Roots stores.



A Clothing Order Form will be available in the spring and clothing ordered using that form will be given directly to your campers at the beginning of their session at camp. We do stock a limited supply of camp clothing at camp for sale. Because it is available, campers sometimes want to buy an additional T-shirt or other articles. If they do, we will bill you at the end of the summer. Our intention is NOT to be in the retail clothing trade. We do NOT encourage extra sales and we know that parents do not appreciate additional charges at the end of the summer. Please use parental discretion and inform your child whether or not you sanction purchases of Tamakwa clothing at camp. You may also notify us in writing requesting that we not sell clothing items to your camper(s).

STAY TUNED FOR THE CAMP TAMAKWA CLOTHING ORDER FORM

Please keep in mind the use of the Camp Tamakwa name and/or camp logo is strictly prohibited on any clothing or apparel and any items of any kind without written consent.

Please contact us for details and this includes any cabin clothing items for campers or staff.

PURCHASES AT CAMP

Campers should not spend any money at camp besides the potential trip to the Portage Store as a reward at the end of some canoe trips. Even our Tuck Shop at camp is not a real shop. The Tuck Shop houses a supply of candy that we hand out to campers on their "tuck" nights and it also acts as our camp Post Office. The Tuck Shop is NOT a canteen where kids can come and buy snacks anytime they want. We do control the consumption of sweets.

The only activity where your camper might incur an additional charge is our **Canoe Paddle Making** program as part of our Woodshop activity. Camp provides wood and other materials for all other woodworking projects, but Paddle Making is the one exception. For Paddle Making, a specially ordered pre-cut piece of wood is needed. We therefore pass on the current cost of a "paddle blank" to the camper (approx. \$40 CDN). A bit of a simpler woodworking project is what we call "Adopt-a-Paddle"... taking an older camp canoe tripping paddle and rehabilitating it by sanding, fixing, re-finishing, personalizing and taking it home. For this, we simply charge a fee to replace the paddle in our stock (approx. \$25 CDN).

