



2022 CAMP SUMMIT OUTDOOR EDUCATION DAY TRIP ESSENTIALS—at Camp or at School!

MUST-HAVES FOR MAKING YOUR CHILD'S TIME AT CAMP COMFORTABLE

- **Rain Jacket** - students do activities rain or shine so having a good rain jacket that they can wear is a must! Cotton hoodies and soft shell jackets do not count.
- **Clothing that can get dirty** - Do not send anything to camp that you are not willing to risk getting stained and/or losing.
- **Variety of clothing** - layers so that they can keep warm in event of inclement weather. Cotton is NOT recommended. We recommend Wool for warmth and Polyester or Fleece material that dries quickly.
- **Running Shoes** - Good running shoes that they would use in gym class are needed for all activities.



**It is highly recommended that your child bring clothing appropriate for outdoor activities, however, it is not necessary to buy expensive high-tech gear at outdoor shops. Below are some tips to help pack for an Outdoor Education Experience*

| CLOTHING/EQUIPMENT | | Check |
|--|--|-------|
| 1 | 1 School Size backpack—to keep all of the following items in their bag. There is lots of moving to different areas during the day, so keeping everything together with each student is important. | |
| 1 | Facemask (Cotton, Medical) - there may be some instances participants may be requested to wear a facemask. | |
| 1 | Packed Lunches brought from home *Nut Free* <i>If any of the lunch items require a cool temperature, please place an icepack alongside their lunch. Please confirm with teacher whether a packed lunch is necessary.</i> | |
| 1 | A pair of sturdy, well fitted, lace up running shoes that provide good support – they should be comfortable and suitable for high energy activities such as climbing, forest walks and biking. | |
| 1 | Waterproof Rain Jacket that can be worn all day as we run all activities in the rain Rain Pants also recommended | |
| 1 | Clothing appropriate to the temperature and conditions <i>(In the warmer months, shorts should be an appropriate length and tops should cover midriff. No short shorts)</i> | |
| 1 | Polar Fleece Jacket or Sweater (not cotton) – this should be a warm layer for cooler weather and nights | |
| 1 | Sweater | |
| 1 | Sun Hat / Ball Cap - a must! | |
| 1 | 1 Litre Water Bottle | |
| 1 | Bottle of Sunscreen – must be waterproof and SPF 30 at a minimum | |
| 1 | Pair of Mitts/Gloves and a Toque (100% necessary in October) | |
| OPTIONAL ITEMS: the following items can enhance your child's experience at Camp but are not mandatory. | | |
| 1 | Camera (a good idea!) <i>Note that cell phones are not cameras.</i> | |
| 1 | Pair of biking gloves - <i>recommended for schools participating in our mountain biking program.</i> | |
| 1 | Sunscreen | |
| 1 | Insect Repellent | |
| 1 | Extra pair of socks great for chilly feet on cold/wet days) | |
| <p>If your students are coming to Camp, the Camp Summit Tuck Shop <i>may be</i> open while your child is here to buy a souvenir. We sell T-Shirts, Hats, Toques, & more! \$10-\$40</p> | | |
| <p>LABEL - we ask that as many items as possible are clearly marked with your child's name using a name tag or laundry pen. Camp Summit collects any items found during the season and puts them into Lost and Found which is shown to students on their final day. Any articles that are unclaimed are kept in storage and then they are donated to charity. We do our best to ensure that your child returns home with all of their belongings – please give us a call or email if they seem to have forgotten something.</p> | | |
| <p>What NOT to Bring - Electronic Games, iPads, Cell Phones These are not recommended as they can get easily damaged or lost. Additionally, there is no cell phone reception at Camp Summit and any communication necessary is done through our office main lines</p> | | |
| <p>NUT POLICY: Camp Summit is a 'nut sensitive' facility. We do our best to not order products containing nuts. We ask that parents do not send any personal food items with their children that contain nuts in any form. Any food containing nuts, nut products, or which may contain traces of nuts will be confiscated and not returned to prevent allergic reactions for staff and participants. <i>If your child is allergic to nuts please bring TWO Epi-pens</i></p> | | |