



LIT

What to Pack for Camp

It is important that you make sure to pack all of the appropriate clothing and gear for your child's session at camp. The items we have listed on the clothing & gear lists are necessary for the health, safety and enjoyment of the camp experience for your child. Things to keep in mind when packing for camp:

- To prevent loss, **make sure that EVERY article is clearly marked with your child's name** using a name tag or laundry pen.
- Luggage is stored under bunk beds and on cubbies. **We recommend using soft sided suitcases or duffle bags.**
- **Choose function over fashion.** Your camper will be engaged in several active outdoor activities while at camp. Be sure to send them with clothing that can get dirty/stained and avoid items that you are not willing to potentially risk losing.
- It is important that you **send your child with a variety of clothing layers** so that they can keep warm in the event of inclement weather. A toque (warm winter hat) may seem like a silly item to bring to summer camp – but on hiking trips in the mountains or on a rainy day it can help your child keep warm.
- **There is no need to pack anything beyond those items listed on this Packing List—Laundry will be done mid-session for campers who require it (at no additional cost).** It can be damaging to the camp experience when miscellaneous items are sent in excess. Camp is one of the few places where a child can be free of inequities. The more “stuff” that campers bring, the more inequity can be present in a cabin group.

CLOTHING

- 10 T-shirts
- 2-3 Long Sleeve Shirts
- 2-3 Casual Sweaters
- 3-4 Pairs of Shorts - *at least one pair 'quick dry' for water activities*
- 1 Set of Black Shorts for Opening Day at Camp
- 2 Sets of Pajamas
- 2 Pairs of Long Casual Pants - *Jeans or Sweatpants work great!*
- 2 Pairs of Quick Dry Pants - *Track Pants, Lululemon Leggings - polyester blends are best for wet / damp weather on trip.*
- 1 Bathing Suit
- 7-10 Pairs of Underwear
- 7-10 Pairs of Socks - *at least 2 pairs of wool or synthetic socks are mandatory for hiking/trips.*
- 1 Fleece Jacket or Puffy Jacket- *for cool nights / mornings*
- 1 Sun Hat / Ball Cap
- 1 Warm Hat + Gloves
- 1 Waterproof Rain Jacket - *Mandatory for Trip*
- 1 Waterproof Rain Pants - *Mandatory for Trip*
- 1 Set of Long Underwear (Top+Bottom) - *Mandatory for Trip*
- 1 Final Banquet Outfit - *Casual dress code, but something a little nicer than you would normally wear around Camp. (Jeans, Button Ups, Dresses, Skirts, Bowties —we've seen it all!)*
- 1 Sleeping Bag - *'Mummy' Style rated -10 degrees - ideally comes with stuff sack to make it easier to pack for trip.*
- 1 Pillow - *For at Camp*
- 2 Water Bottles (1 Litre each) - *Nalgene style recommended.*
- 1 Fitted Sheet for Mattress - *Single / Twin Size*
- 2 Shower Towel - *For at Camp*
- 1 Quick Dry Camping Towel
- 1 Notebook

EQUIPMENT

- 1 Headlamp with Extra Batteries
- 1 School Size Backpack— *Something suitable for day excursions with enough room for a packed lunch, water bottle, sweater.*
- Toiletry Kit — *Hairbrush, Toothbrush, Tooth Paste, Deodorant, Face Wash, Sanitary Items, Shampoo + Soap, Lip Balm with SPF*
- 1 Bottle of Sunscreen — *Waterproof and SPF 30 or more*
- 1 Pair of Sunglasses
- 1 Laundry Bag — *Something to keep dirty clothing organized.*
- 1 Pair of Hiking Boots — *Should be sturdy, well fit - preferably up to the ankle for good support for high energy activities such as hiking. We recommend breaking them in before camp to avoid blisters!*
- 1 Pair of Running Shoes
- 1 Pair of Sandals — *Sandals must have a heel strap on them and should be suitable to get wet in (i.e. showering, water activities)*
- 55-70 Litre Internal Frame Backpack—*These medium to large sized packs have internal stiffeners and a more substantial padded hip-belt to bear weight. Their load capacity makes them useful for overnight backpacking or multi-day trips. ALL of the camper's personal gear necessary for the hiking trip will need to fit INSIDE this pack. Check to make sure that all buckles and straps work and that the pack is a good fit*
- 1 Sleeping Pad for Camping - *Thermarest or closed cell foam pads are best.*
- 1 Set of Camping Dishes (Cup, Bowl, Spoon, Fork, Butter Knife) - *For Backcountry eating—Lexan or plastic only —no sharp knives!*
- 1 Fox 40 Whistle on cord- *For Backcountry travel*
- 1 Compression Sack for Sleeping Bag - *For Backcountry travel—your sleeping bag may come with one or can be purchased separately.*

OPTIONAL ITEMS

- Writing Kit**—*Journalling or Letter Writing*
- Disposable / Digital Camera** - *do not bring cellphones or iPods to use as cameras during camp.*
- Books / Comics / Kindles** - *Electronic readers are ok to bring so long as they do not require a wifi signal and are strictly used for the purpose of reading.*
- Stuffed Animal**
- Insect Repellent** - *Non-Aerosol*
- White T-Shirt for Tie Dye** - *Tie Dye is an optional activity .*
- Cards, Board Games**
- Camelback or Personal Hydration Pack**
- Rain cover for hiking backpack**

WHAT NOT TO PACK

Help us create a positive experience for all campers by NOT sending the following items to Camp:

Cellphones, Speakers or Electronics of any type
Expensive Clothing/ Jewelry
Hair Dryers / Straighteners

Extra Snacks / Food
Candles/ Lighters or Camping Knives

PACKING NOTES

During Camp your child will be going on a multi-night Backcountry Hiking Trip. All of the items listed on Page 1 of this document are mandatory to ensure their health and safety both at Camp and while in the Backcountry.

Please be sure to consider the following while packing for camp:

- **Cotton** - items made from cotton such as t-shirts, sweaters and socks are not appropriate for the Backcountry as these items take a significant amount of time to dry when wet. While packing, please use the prompts on the list to include a few items made from wool or polyester when necessary.
- **Short Shorts / Crop Tops**—our recommendation is to limit wearing crop-tops and short shorts while at Camp or in the Backcountry. For health and safety reasons, having clothing covering skin is important for hygiene, bug bites and to avoid blistering if equipment is rubbing on skin (i.e. backpack, climbing harness)
- **Laundry** - each cabin will do laundry once mid-session. There is no cost for this service. Please be sure to label clothing items with your campers name to avoid loss.
- Although camp is in the summer, which traditionally has good weather, there are times that it can be rainy and quite cold. It is important that you send your child with a variety of clothing layers so that they can keep warm in event of inclement weather. A toque (warm winter hat) and gloves may seem like a silly item to bring to summer camp – but on hiking trips in the mountains or on a rainy day it can help your child keep warm.

WHERE TO SHOP - TIPS + TRICKS

- Many of the clothing items can be found quite reasonably at large department stores such as Walmart, and Sport Chek (Canada) or even at some second hand shops such as Value Village (Canada). These stores have a great selection of inexpensive fleece sweaters, fleece jackets, thermal polyester blend shirts and bottoms, and waterproof rain gear.
- Mountain Equipment Coop or MEC (Canada) is also a great store to find most of the clothing and equipment items – if your family regularly engages in outdoor activities, MEC clothing and equipment is worth the investment as it is outdoor specific (www.mec.ca). They also rent gear such as backpacks, sleeping bags and sleeping pads.
- Mountain Equipment Coop and Canadian Tire sell sleeping bags at reasonable prices. If you can borrow one from a friend this can help save money. Make sure that the sleeping bag has a ‘stuff’ sack to keep it in – one that ‘squishes’ the sleeping bag down to a small size is very handy. A good 55-70 litre backpack is important – it should fit your child’s back so that it is comfortable when fully packed.
- MEC does sell youth specific backpacks and their staff are very helpful at fitting the pack for your child. Backpacks range from \$100-\$250
- For the miscellaneous sundry items such as tripping dishes, laundry bag, etc ‘Dollar Stores’ are also a good place to shop.