



SUMMER BLAST

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.** 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

- 6-7 T-shirts**
- 1 Long Sleeve Shirts**
- 2-3 Sweaters**
- 3-4 Pairs of Shorts**
- 2 Sets of Pajamas**
- 2 Pairs of Long Pants** - *Jeans or Sweatpants work great!*
- 1 Bathing Suit**
- 7-10 Pairs of Underwear**
- 7-10 Pairs of Socks** - *at least 2 pairs of wool or synthetic socks are recommended.*
- 1 Fleece Jacket** - *for cool nights / mornings*
- 1 Sun Hat / Ball Cap**
- 1 Waterproof Rain Jacket**
- 1 Waterproof Rain Pants**
- 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!)*

EQUIPMENT

- 1 Sleeping Bag** - *'Mummy' Style rated -10 degrees are ideal.*
- 1 Pillow**
- 1 Litre Water Bottle** - *Nalgene style recommended.*
- 1 Fitted Sheet for Mattress** - *Single / Twin Size*
- 1 Shower Towel**
- Flashlight + Extra Batteries** - *Headlamps are ideal*
- 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.*
- 1 Bottle of Sunscreen** — *Waterproof and SPF 30 or more*
- 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 ideally have a heel strap on them and should be suitable to get wet in (i.e. showering, water activities)*

OPTIONAL ITEMS

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| <ul style="list-style-type: none"> <input type="checkbox"/> Writing Kit—<i>Journalling or Letter Writing</i> <input type="checkbox"/> Disposable / Digital Camera - <i>do not bring cellphones or iPods to use as cameras during camp.</i> <input type="checkbox"/> Books / Comics / Kindles - <i>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.</i> | <ul style="list-style-type: none"> <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Insect Repellant - <i>Non-Aerosol</i> <input type="checkbox"/> White T-Shirt for Tie Dye - <i>Tie Dye is an optional activity .</i> <input type="checkbox"/> Sunglasses <input type="checkbox"/> Cards, Board Games |
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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