



# CAMP SUMMIT OUTDOOR EDUCATION CLOTHING & EQUIPMENT

## MUST-HAVES FOR MAKING YOUR CHILDS STAY COMFORTABLE for 2 nights/3days

- **Clothing that can get dirty!** - Do not send anything to camp that you are not willing to risk getting stained and/or losing
- **Waterproof Rain Coat** - *that can be worn all day & stay dry as we run all activities in the rain or shine.* Cotton hoodies and soft shell jackets **do not count.**
- **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/ Fleece material that dries quickly
- Camp Summit has a philosophy of **“Ready to Play”** and 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. **“Ready to Play” refers to clothing that comfortably allows active play and has full coverage to ensure equipment like climbing harnesses and biking gear does not rub directly on the skin.**

## **Recommended CLOTHING for 2 nights/3 days** Check

1	<b>Pair of sturdy, well fitted, lace up running shoes - they should be comfortable and suitable for high energy activities such as climbing, biking, etc.</b>	
1	Waterproof Rain Coat (essential!)	
1	Rain Pants	
2-3	T-Shirts	
2	Long Sleeve tops - at least one should be a polyester blend material if possible	
2	<b>Long Pants (examples: sweat pants and track pants)</b> <i>Jeans not recommended</i>	
1-2	Polar Fleece Jacket or Sweater – this should be a warm layer for cooler weather and nights	
1-2	Sweaters	
1-2	Shorts <b>“Ready to Play”</b>	
1	Pair of Pajamas	
4	Pairs of Socks - at least one or <b>two pairs of wool</b> or synthetic socks are recommended as they dry much faster	
4	Pairs of Underwear - 1 per day minimum	
1	Hat - a must!	
1	Toque and gloves for the cool evenings and mornings	

## **EQUIPMENT**

1	1 Litre Water Bottle	
1	<b>Good sleeping bag</b> - A synthetic or down ‘mummy style’ sleeping bag with a hood rated to -10 degrees is best. Make sure that the sleeping bag has a ‘stuff’ sack to keep it in. Fabric lined sleeping bags are not recommended.	
1	Flashlight or head light with a spare set of batteries	
1	Towel	
1	1 School Size backpack—for day excursions at camp being able to fit water bottle, sweater and rain jacket	
1	Toiletry Kit - toothbrush, toothpaste, shampoo, soap etc.	
1-2	Plastic Garbage bag (for packing any dirty or wet clothes in at the end of camp)	

### **OPTIONAL ITEMS: the following items can enhance your child’s experience at Camp but are not mandatory.**

1	Camera (a good idea!) Note that cell phones are not cameras.		
1	Pillow		
1	Pair of Rain Boots		
1	Books/Magazines/Journal		
1	Pair of Flip Flops (great for walking to the bathroom in the evenings!)		
1	Insect Repellent and/or Sunscreen		

**Optional \$25-\$40 if your child would like to buy a Camp Summit souvenir. Cash only.**  
**We sell T-Shirts, Hats, Toques, & more!**

***\*To prevent loss, make sure that EVERY article is clearly marked with your child’s name***

Have your child assist with packing so they are familiar with their own items. Camp Summit collects any items found during their visit 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 are eventually 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.

**NOT to Bring** - Computers, iPads, Electronic Games, Cellphones, Candies/ Food. We ask that the students do not bring any of these items to camp as the true way to connect is with the environment and people around you. Candy/Food is not allowed in cabins due to wild-life and potential allergic reactions from other campers.

**NUT POLICY:** Camp Summit is a ‘nut sensitive’ facility. Our kitchen does not serve food with 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.

**If your child has an anaphylactic allergy to anything—nuts or otherwise, please send ensure they bring 2 Epi-Pens to Camp.**