

SUGGESTED CLOTHING LIST:

CLOTHING	NUMBER	PACKED? (√)
short sleeve t-shirts	5	
long sleeve tops: e.g. long sleeve t-shirts, turtlenecks & sweatshirts for bug protection when on hikes or for cooler temperatures	3	
Shorts	5	
long pants: e.g. jeans, sweatpants or cotton/canvas pants <i>*(please do not bring jeans only, sweat pants or light cargo pants are preferred for outings)</i>	3	
heavy sweater/fleece/jacket: e.g. for cooler days and evenings	1	
rainsuit: pants & jacket that will protect you from the rain and keep dry. <i>(waterproof, not water-resistant)</i>	1	
warm pajamas (it gets cool in the evenings!)	2	
sweat socks (these get eaten by all the fresh air!) <i>at least 1-2 pairs of thick (wool) socks</i>	8 pairs	
Underwear	8	
Swimsuit (females – ONE piece or SPORT bikini)	2	
running shoes (shoes get well worn!)	2 pairs	
beach sandals with hard soles	1 pair	
hiking &/or rain boots	optional	
hat (for sun protection)	1	
CAMPING EQUIPMENT		
compact sleeping bag in waterproof bag (e.g. 30 litre “Sea Line Bag”)	1	
sleeping pad: e.g. blue foam pad or “Thermarest”	1	
Toque (wool hat), gloves or mitts	1	
small flashlight with extra batteries	1	
Waterbottle (break proof i.e. Nalgene)		
BEDDING		
sleeping bag (for health reasons, campers <u>may not</u> sleep in their sleeping bag while at camp but are able to use it as a comforter.)		
single sheets: 2 for the top and 2 for the bottom (please pack more if your child has a history of bed wetting)	4	
warm blanket or duvet (it gets cool in the evenings!)	1	
pillow	1	
pillow cases	2	
TOILETRIES **We promote an environmentally friendly approach in all that we do at camp. Please try to send products (soap, shampoo etc...) that are biodegradable and friendly to our environment.		
face cloth	1	
hand towel	1	
beach towel	2	
toothbrush	1	
hair brush	1	
sunscreen	1 container	
insect repellent	1 container	
soap	1 bar	
shampoo	1 bottle	
toothpaste	1 tube	
deodorant	if required	
OTHER		
small daypack	1	
stamps	3-5	
fishing rod & tackle	Optional	
camera: we recommend disposable	Optional	
books, stuffed toy, family pictures	Optional	