

What to Bring to Camp

1. Label everything clearly and with permanent ink or an iron-on label (clothing including underwear, shoes, towels, sports equipment, sleeping bag, camera, flashlight).
2. Campers should restrict their belongings to one bag, one sleeping bag and one small knapsack.
3. Please do not send expensive clothing or equipment as campers play in all kinds of weather and although all reasonable precautions are taken, the camp is not responsible for loss, damage or theft of any belongings at camp.
4. The following list is only a suggestion of what to bring.

CLOTHING

- ___ short sleeved shirts
- ___ 2 sweatshirts or long sleeved shirts
- ___ 1 warm jacket or fleece
- ___ 1 rain coat (?pants)
- ___ pairs jeans/pants
- ___ pairs of shorts
- ___ 5 pairs underwear
- ___ 5 pairs socks
- ___ bathing suit
- ___ pyjamas
- ___ sun or baseball hat *
- ___ 1 pair of running shoes
- ___ 1 pair sandals
- ___ ? a second pair of shoes in case of a wet week
- ___ 1 pair rain boots

BEDDING AND TOWELS

- ___ 1 pillow
- ___ 1 pillow cases
- ___ 1 fitted sheet (single - to cover the mattress)
- ___ 1 towel for shower
- ___ 1 towel for beach
- ___ 1 sleeping bag

PERSONAL ITEMS

- ___ 1 flashlight
 - ___ Reading material (books, comics)
 - ___ Sunglasses
 - ___ Camera (other electronics are not allowed at camp)
 - ___ Any medication, regular or occasional (allergies, cramps, hayfever, earplugs for these with a history of ear infections.)
- *All medications will be collected by staff BEFORE your child boards the buses in Ottawa. Please have all medications in their original containers and all appropriate medical forms completed.**

TOILETRIES

- ___ shampoo and conditioner
- ___ soap
- ___ toothbrush and toothpaste
- ___ air brush or comb
- ___ deodorant
- ___ sunscreen (30 SPF minimum)
- ___ insect repellent (non-aerosol)
- ___ ? AfterBite anti-itch stick
- ___ ? Kleenex
- ___ feminine hygiene products

WHAT NOT TO BRING TO CAMP

The following items are fire hazards, health hazards or nuisances at camp. Please do NOT send them.

- Electric fans
- Walkie-talkies
- GUM
- Permanent markers
- Cell phones, blackberries, iPhones etc.
- Electronics (DVD/ TV, Laptop, tablets, iPods)
- Weapons or anything that could be used as a weapon (plastic swords and guns, Swiss army knives etc.)
- Incense, candles, mosquito coils, citronella candles, matches or lighters
- No need to bring curling irons, hair dryers, makeup etc. - it's camp! ☺