

Minimum **Suggested** List of What to Bring to Camp...

Camper's Name _____

EVERYTHING MUST BE LABELLED WITH CAMPER'S NAME OR INITIALS!!!

IN		OUT
_____	1 warm Sleeping Bag, 1 pillow, and blankets, depending on camper	_____
_____	3 sweaters (sweatshirts/hoodies)	_____
_____	1 small back pack for day trips and outings	_____
_____	2 jackets (1 light, 1 heavier (for a range of weather conditions))	_____
_____	1 pair running shoes	_____
_____	1 pair of pool shoes/socks	_____
_____	1 pair rubber boots	_____
_____	1 Swim suit	_____
_____	4 pairs of shorts	_____
_____	7 changes of underwear	_____
_____	7 pairs of socks	_____
_____	4 pairs of pants	_____
_____	7 tops/shirts (for a range of weather condition)	_____
_____	2 pair warm pajamas	_____
_____	3 large towels and 3 face clothes	_____
_____	Toiletries (labelled in a small bag, please)	_____
_____	1 raincape or raincoat	_____
_____	Cash or debit/credit card (Tuck shop snacks, Camp merchandise)	_____
_____	Sunscreen, insect repellent,	_____
_____	Container for hearing aids, dentures, or retainers (if necessary)	_____
_____	For 2022: Personal face mask(s) for indoor use	_____
_____	MEDICATION – must be in (holiday) blister packaging	_____

****Please request a MAR (medication administration record) from your pharmacist****

Include the **Medication Identifier Sheet** for each Medication (ask your pharmacy)

Campers will not be accepted to the Program with improper packaged Medication

Please feel free to add any articles or increase amounts based on Camper's requirements in addition to this list

PLEASE BRING THIS LIST ALONG TO CAMP WITH YOU!!!

Give to the Counsellor so they can check off 'OUT'

NO electronics please, other than iPods with headphones for **evening use only.**