

CAMPER PACKING LIST



SUGGESTED CLOTHING

- 7 T-shirts
- 2 Long-sleeve shirts
- 2 Sweatshirts
- 4 Pairs of shorts
- 3 Pairs of pants
- 2 Bathing suits
- 8 Pairs of underwear
- 2 Pairs of pyjamas
- 1 Pair of long johns or tights
- 8 Pairs of socks
- 2 Pairs of heavy socks
- Sun hat
- Raincoat + rain pants (required for canoe trip)
- 1 Pair of sandals
- 2 Pairs of running shoes (include 1 pair for wet use)
- 2 Towels
- 1 Backpack (to use throughout the day)
- White t-shirt or clothing item for tie-dye at arts and crafts

CAMP ESSENTIALS

- Soap & shampoo
- Toothbrush & toothpaste
- Comb and/or brush
- Sunscreen (SPF 30 or greater)
- Mosquito repellent (no aerosol cans please)
- Pillow & pillowcase
- Blanket/comforter
- Fitted sheet (twin/single bed)
- Other bedding as desired (twin/single bed)
- 1 Flashlight/headlamp & batteries
- 1 Government approved life jacket/P.F.D. with whistle
- 1 Wooden canoe paddle
- 1 Water bottle (durable)

CANOE TRIP EQUIPMENT

For Tripping:

- 1 Quick-dry/light t-shirt
- 1 Pair of quick-dry/light shorts
- 1 Pair of hiking boots or running shoes
- 1 Pair of wool socks (SmartWool, not cotton)
- 1 Long sleeved shirt (quick-dry/polyester)

For the Campsite:

- 1 Sleeping bag (can be used for bedding at camp too)
- 1 30L durable, waterproof personal bag (known as a "Dry Bag")
- 1 Pair of lightweight shoes (Crocs are best; please avoid flip-flops)
- 1 Pair of lightweight pants (sweatpants)
- 1 Thermal fleece or long sleeved shirt
- 1 Pair of wool socks (SmartWool, not cotton)
- Optional:** Sleeping mat ("Therm-a-Rest" or similar)

OPTIONAL ARTICLES

- Writing supplies (pen/paper/etc.)
Books, games, cards
- Camera (cellphones cannot be used as cameras)
- Musical instruments
- Swim goggles
- Fishing tackle, rod
- 1 Pair of rubber boots
- Costumes for special programs
- Sunglasses
- Spare prescription glasses (if your camper wears glasses)
- Medication if required (provided in original packaging, packed in a Ziploc bag, with camper name)

Please see the next page for all our gear recommendations!

RECOMMENDATIONS



TIPS FOR HAPPY PACKING

- Choose quick-dry fabrics! Cotton stays damp and chilly. Fleece, polyester, and wool dry fast and keep campers cozy.
- Find gear that works for you! Secondhand treasures can be found at Value Village. For new gear, check out MEC, Trailhead, REI or Europe Bound.
- Sleeping mats are not provided for trip. We recommend them for trips of 7 days or more. They are for added comfort and warmth, and must be self-inflatable mats.
- Bring a small backpack. Campers move between activities all day, perfect for carrying a water bottle, towel, bathing suit, and other daily essentials.
- Layer up! A light jacket or vest is great for cool mornings and evenings.
- Label everything! Socks, duffle bags, even towels, anything without a name will be donated at the end of camp.
- Pack safe shoes! Leave flip-flops and slides at home. Closed-toe shoes help campers run, play, and explore safely while avoiding preventable toe and foot injuries.
- Use a big duffle bag. Hockey-style bags are ideal. Please avoid trunks.
- Leave valuables behind! If you bring a watch or camera, make sure it's durable and waterproof.
- Unplug at camp. Phones, iPods, tablets, smart watches, and other electronics will be confiscated!

GEAR UP FOR CAMP: OUR RECOMMENDATIONS

FOOTWEAR:

- Everyday: Running shoes are perfect for daily activities.
- Canoe tripping: Trail running shoes are lightweight, quick-drying, and have a stiffer sole for better protection. Recommended Brands: Salomon, Merrell.
- Around the campsite: Closed-toed, waterproof, and lightweight shoes keep campers comfy and safe. Recommended brands: Crocs, Keens.
- Socks matter! Wigwam or SmartWool socks are ideal for canoe trips, they dry quickly and keep wet feet warm.

DRY BAGS - RECOMMENDED BRANDS: MEC, SEALINE

- Used as your camper's personal packing bag for canoe trips.
- Must be waterproof, durable, and 30L (TPU coating inside and out is recommended)

PADDLES - RECOMMENDED BRANDS: GREY OWL, RETAIL PADDLE CO.

- Campers will use two types of paddles at camp:
 - Flat water paddles: Bring your own wooden paddle for canoe lessons.
 - White water paddles: Supplied by Kandalore.