

# ONE WEEK CAMPER PACKING LIST

## SUGGESTED CLOTHING

- ☐ 6 T-shirts
- ☐ 2 Long-sleeve shirts
- ☐ 1 Sweatshirt
- ☐ 3 Pairs of shorts
- ☐ 2 Pairs of pants
- ☐ 2 Bathing suits
- ☐ 7 Pairs of underwear
- ☐ 2 Pairs of pyjamas
- ☐ 6 Pairs of socks
- ☐ 1 Pair of heavy socks (wool)
- ☐ Sun hat
- ☐ Raincoat + rain pants
- ☐ 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

- ☐ 1 Sleeping Bag
- ☐ 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 Water bottle (durable)

## 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)
- ☐ Dry bag or personal canoe trip bag (maximum 30L) for packing campsite clothes



**Please see the next page for all our 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.
- Need a life jacket or sleeping bag? Secondhand treasures can be found at Value Village. For new gear, check out MEC, Trailhead, Canadian Tire, or REI.
- 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.
- Younger campers may need extra sheets, underwear, pajamas, or plastic sheets.
- For the overnight canoe trip, Kandalore has you covered with almost all the gear! We'll provide paddles, tents, and more, just bring your own sleeping bag and life jacket. If you have a dry bag for campsite clothes, feel free to pack it along!
- 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.
- Running shoes are perfect for daily activities, while Crocs and Keens make great water shoes!
- 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. Kandalore is screen-free!

