## PREPARING FOR CAMP

## What to Bring to Camp

We do not accept responsibility for any clothing and/or equipment that is lost or broken while at Camp, or during transit by bus.

Below is a suggested packing list based upon a <u>one-week</u> stay at Camp. Please adjust accordingly based upon length of stay. Laundry service is provided on Mondays for campers staying longer than one week.

CLOTHING	EQUIPMENT
<ul> <li>5-7 T-shirts</li> <li>3-4 Pairs of shorts</li> <li>1 Pair of pajamas</li> <li>2-3 Sweaters / Sweatshirts</li> <li>3-4 Pairs of long pants</li> <li>2 Bathing suits</li> <li>7-10 Pairs of underwear</li> <li>7-10 Pairs of socks</li> <li>2 Pairs of running shoes</li> <li>1 Pair of sandals / water shoes</li> <li>1 Jacket</li> <li>1 Sun Hat</li> <li>1 Rain Jacket</li> </ul>	<ul> <li>Sleeping bag</li> <li>Pillow</li> <li>Fitted sheet (to cover mattress)</li> <li>2 Beach towels</li> <li>1 Bath Towel</li> <li>Flashlight and extra batteries</li> <li>Insect repellent</li> <li>Toiletries (comb, toothbrush, toothpaste, deodorant, kleenex, sanitary needs)</li> <li>Shampoo &amp; soap (phosphate &amp; nut free)</li> <li>Sunscreen (minimum SPF 30)</li> <li>Personal water bottle (labelled with camper's name)</li> <li>1 pair of rubber boots</li> </ul>
CANOE TRIP NEEDS	OPTIONAL
For POLARIS participants. Please consider bringing the following:  - 30 Litre Dry Sack - Wool socks & warm hat (toque) - Fleece - Footwear - Running/hiking shoes, campsite shoes (crocks, sport sandals) - Fox 40 Whistle - Compact, light-weight Sleeping Bag - Rain Jacket & Rain pants - Sun hat - Flashlight/headlamp - Sleeping Pad	<ul> <li>Camera</li> <li>Stuffed animal</li> <li>Fishing rod</li> <li>Self-addressed, stamped envelopes/writing paper (for letters home)</li> <li>Tennis racquet</li> <li>Acoustic guitar</li> <li>Books/comics</li> <li>Deck of cards/board games</li> <li>Personal Flotation Device (PFD)  (We do have a full inventory at Wenonah but appreciate those that can bring their own so we can maintain proper sizing for each camper. If you do choose to send one along, please make sure that it is well labelled.)</li> </ul>

<sup>\*\*\*</sup> Some shampoos, conditioners, and other toiletries contain nut products. Please screen all toiletry items to ensure that no nut products are present, as per our Nut Aware Policy.

## **Packing Notes**

There is no need to pack anything beyond those items listed on our Packing List. The Camp experience may be compromised if unnecessary items are packed. Camp is one of the few places where campers can be free of inequities. The more "stuff" that campers bring, the more inequity can be present in a group.