

PACKING LIST: for Overnight Summer Camp at Camp Kawartha!

LABEL EVERYTHING! We recommend iron-on or sewn-in labels for clothing and permanent ink on adhesive tape for other items. Please make sure your camper arrives with enough clothing to stay warm and dry for the entire session.

Items & suggested quantities:
<input type="checkbox"/> 2 T-shirts* - lighter colours do not attract bugs as strongly
<input type="checkbox"/> 2 Pairs of Shorts
<input type="checkbox"/> 1 Sweater
<input type="checkbox"/> 1 Pair of Pants
<input type="checkbox"/> 2 Pairs of Underwear
<input type="checkbox"/> 2 Pairs of Socks
<input type="checkbox"/> Pyjamas
<input type="checkbox"/> Bathing suit & Beach towel
<input type="checkbox"/> Closed toe running or hiking shoes – sandals can't be used on the basketball court or when going for hikes
<input type="checkbox"/> Watershoes, crocs or sandals to be worn at the waterfront and wetlands
<input type="checkbox"/> Rain gear for rainy days: raincoat, splash pants, rubber boots (Optional – Check Forecast)
<input type="checkbox"/> Hat & Sunglasses are essential for sun protection
<input type="checkbox"/> Sunscreen – choose one that is waterproof and SPF 30 or higher
<input type="checkbox"/> Insect repellent – no aerosol please
<input type="checkbox"/> Water bottle (750ml)
<input type="checkbox"/> Sleeping bag, twin-size fitted sheet & pillow
<input type="checkbox"/> Flashlight - consider a crank flashlight that doesn't require batteries
<input type="checkbox"/> Personal hygiene items: toiletry bag or organizer, hairbrush/comb, toothbrush, (we strongly recommend a toothbrush cover), toothpaste, soap, washcloth, deodorant, chapstick, (girls: feminine hygiene product)
<input type="checkbox"/> Regular or emergency medication (medication will be left with nurse at camp, <u>must be in original packaging!</u>)

Packing... pack belongings in a duffel bag or old suitcase. Avoid using garbage bags, which only get torn allowing belongings to fall out. And since garbage bags all look the same, someone may go home with the wrong 'garbage bag' of belongings. **Make sure all bags are clearly marked with campers name** so that it cannot be mistaken for someone else's luggage. When packing, make sure that the camper helps so that s/he knows where everything is and is able to do the task when leaving camp.

Lost & Found:

Camp Kawartha is not responsible for lost items or items left behind at the end of sessions. **We strongly urge parents and campers to label their clothing and belongings, and check the 'lost and found' before departing on the last day**

Prohibited Items: (Prohibited items will be confiscated. Read Camper Code of Conduct)

- no cigarettes, matches, or lighters
- no knives or weapons
- no drugs or alcohol
- no hairdryers, curling irons, or hair straighteners (fire hazard)
- no perfumes or aerosol deodorants (irritants to those with allergies)
- do not bring jewellery, money or anything that will be missed terribly if lost!
- no food, snacks, or candy (can be serious health risk to those with allergies).

** Camp Kawartha is committed to preserving the spirit of camp – in our opinion, a cell phone, personal media players and other electronic devices inhibits one's link with camp experiences and diminishes the capacity to grow within a team and camp environment. **For these reasons we prohibit campers from bringing cell phones and other electronics to camp.**