

# 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. **Do not send expensive clothing or belongings...**we encourage campers to use what they have on hand, or check-out second-hand stores and limit any new purchases. Please make sure your camper arrives with enough clothing to stay warm and dry for the entire session. Only 3-4 week campers will have access to laundry facilities approx half-way through their session.

Items & suggested quantities:	3-4 Days	1week	2weeks	3-4 weeks
<input type="checkbox"/> T-shirts* - lighter colours do not attract bugs as strongly (no tube tops)	2	4	8-10	8-10
<input type="checkbox"/> Shorts	2	4	6	6
<input type="checkbox"/> Long sleeve shirts (for evening protection against bugs)	1	2	4	4
<input type="checkbox"/> Sweaters	1	2	3	3
<input type="checkbox"/> Pants	1	2	4	4
<input type="checkbox"/> Underwear	4	7	14+	14+
<input type="checkbox"/> Pairs of socks	4	6	8-10	8-10
<input type="checkbox"/> Pyjamas – include both light pants & shorts as cabins can get quite warm	1	2	3	3
<input type="checkbox"/> Bathing suit	1	2	2-3	2-3
<input type="checkbox"/> Beach towel	1	2	2	2
<input type="checkbox"/> Jacket (for cool evenings or mornings)				
<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				
<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, shampoo & conditioner, washcloth, towel, deodorant, chapstick, (girls: feminine hygiene product)				
<input type="checkbox"/> Laundry bag or old pillow case for dirty clothing				
<input type="checkbox"/> Pre-addressed and stamped envelopes to write home				
<input type="checkbox"/> Journal/notebook, pen/pencil, books (for rest hour)				
<input type="checkbox"/> White cotton items so that the camper might tie-dye them (e.g. t-shirt, pillow case, socks)				
<input type="checkbox"/> Regular or emergency medication (medication will be left with nurse at camp, <u>must be in original packaging!</u> )				
<input type="checkbox"/> ** (3-wk PLCs and 4-wk Leadership Campers Only) Money for laundry and food for Town Day excursion				



**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. If luggage or sleeping bag is tied, use a strong rope. **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.

## Tripping Packing List:

This section applies to campers who are going on a canoe-trip lasting 2-3 days. This includes 2-week sessions for campers 10 years old & up, PLC, and Challenge and Adventure. This list is to ensure your child has the best possible time on trip. If you have any concerns, please e-mail the camp prior to the session. For tripping programs (ie. Junior Trips, Algonquin Canoe Adventure, and Wilderness Trips) and Leadership trips (ie. CSD, WCSD, LIT, and WLIT) more specific information will follow by email.

Day Time	Night Time
<ul style="list-style-type: none"><li><input type="checkbox"/> Whistle is REQUIRED (FOX40 is best, but other pea-less whistles will do)</li><li><input type="checkbox"/> Rain jacket</li><li><input type="checkbox"/> Hiking shoes or running shoes – these will be "wet shoes" to be worn while canoeing and portaging. Crocs are not appropriate as they give no ankle support.</li><li><input type="checkbox"/> 1-2 T-shirts or sunshirts</li><li><input type="checkbox"/> Quick-dry shorts</li><li><input type="checkbox"/> 2-3 Pairs of socks (should include 1 wool pair)</li><li><input type="checkbox"/> Bath suit</li><li><input type="checkbox"/> Sunscreen</li><li><input type="checkbox"/> Lip Balm with SPF</li><li><input type="checkbox"/> Insect repellent - no aerosol please</li><li><input type="checkbox"/> Hat</li><li><input type="checkbox"/> 1 Waterbottle (750ml is ideal)</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Dry shoes to be worn at the campsites – crocs, sandals or running shoes are fine. NO flip-flops</li><li><input type="checkbox"/> 1 Long-sleeve shirt</li><li><input type="checkbox"/> 1 Sweater – fleece or wool is preferred</li><li><input type="checkbox"/> 1 Pair of pants – fleece, wool, or synthetic preferred</li><li><input type="checkbox"/> 1-3 Pairs of underwear (campers will bring one pair for every night they are on trip)</li><li><input type="checkbox"/> Flashlight</li><li><input type="checkbox"/> Toothbrush and toothpaste (personal travel size)</li><li><input type="checkbox"/> Sleeping bag (the more compact, the better. Synthetic sleeping bags provide some warmth even when wet, and tend to be more compact than down sleeping bags)</li><li><input type="checkbox"/> Optional: Watertight dry-bag (20-30 litres, large enough for a sleeping bag and some clothes).</li><li><input type="checkbox"/> Optional: journal, pen, camera (waterproof)</li></ul>

## 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.** If you do forget something, you will be responsible for making arrangements to pick up or pay for the return of any items left behind. Items will be held for 3 weeks after the end of each session, and then donated to local charities. We simply cannot hold onto unclaimed items after 3 weeks.



## 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 \*\*

\*\* 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.**

\*\*\* **DO NOT BRING FOOD OR SNACKS OF ANY KIND TO CAMP** \*\*\*

**\*\* Please note that because we are a nut safe facility, it is imperative that campers do not bring food or snacks to camp. Food brought or sent to camp in care packages poses a serious health risk to other camper's with allergies, causes jealousy within the cabin, and will attract unwanted bugs or animals into cabins.**