

# PACKING LIST: for Leadership Campers 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.** Please make sure your camper arrives with enough clothing to stay warm and dry for the entire session. 4-week leadership campers will have access to laundry service approximately half-way through their session.

Please be conscious to wash items that may have been in storage for a significant amount of time and not part of a regular wash cycle (ie. Sleeping bag, sheets or blankets that may have not been used for a long period of time).

<b>Items &amp; suggested quantities:</b>	<b>4 weeks</b>
<input type="checkbox"/> Face Masks	24
<input type="checkbox"/> T-shirts* - lighter colours do not attract bugs as strongly (no tube tops)	8-10
<input type="checkbox"/> Shorts	6-10
<input type="checkbox"/> Long sleeve shirts (for evening protection against bugs)	4
<input type="checkbox"/> Sweaters	3
<input type="checkbox"/> Pants	4
<input type="checkbox"/> Underwear	14+
<input type="checkbox"/> Pairs of socks	10-12
<input type="checkbox"/> Pyjamas – include both light pants & shorts as cabins can get quite warm	3
<input type="checkbox"/> Bathing suit	2-4
<input type="checkbox"/> Beach towel	4
<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"/> Re-fillable Water bottle (min. 750ml)	(1 L Nalgene bottles available for sale in our Giftshop)
<input type="checkbox"/> Re-fillable Travel mug	
<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"/> Mesh Laundry Bag (for your Laundry Service) - see Wal-Mart Mainstays Heavy Duty Laundry Bag (\$6.27)	
<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> )	



**Packing...** pack belongings in a duffel bag or old suitcase. Avoid using garbage bags, which only get torn allowing belongings to fall out. If luggage or sleeping bag is tied, use a strong rope. **Make sure all bags are clearly marked with camper's name** so that it cannot be mistaken for someone else's. When packing, make sure that the camper helps so that they know-where everything is and is able to do the task when leaving camp. Avoid valuable accessories. In most cases, camp cannot take responsibility for lost items.

## Leadership Packing List:

This section applies to leadership campers who are going on a canoe-trip. This includes CSD, LIT, WCSD & WLIT.

This list is to ensure your camper has the best possible time on trip. If you have any concerns, please e-mail the camp prior to the session. More specific information about your trips will follow by email from your Leadership Directors.

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 Re-fillable 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, vapes 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.**