



## CAMPS WITH MEANING

- Sleeping bag and pillow (Maybe a bed sheet as well)
- Sufficient clothing for 1 week e.g., 2-3 long pants, 3-5 pairs of shorts, 2-3 sweatshirts or warm outerwear; also try to bring a few clothes that are made with synthetic fibers and not cotton. Cotton is cold when wet.
- Appropriate number of t-shirts, socks, underwear, pyjamas for the week
- Swimsuit and Beach towel (No string bikinis or speedos please)
- Footwear for active wear. Closed-toe shoes for archery and forest exploration
- One Pair of shoes or sandals with a heel strap that can get wet
- Personal items: comb or brush, toothbrush, soap, shampoo, deodorant, face cloth, towel, personal hygiene items
- High quality sunscreen
- High quality insect repellent
- Bible, modern translation preferred (optional, we will have extra available on site)
- Hat with a rim or bill (mandatory)
- Water bottle
- Rain jacket
- 3-4 large garbage bags to keep gear dry when canoeing
- Sturdy back pack (large enough to carry three days worth of clothing and sleeping bag)
- **Medications:** All camper meds will be kept with and dispensed by the Health Officer. Please label with the camper's name
- Optional: flashlight, watch/clock, money for camp purchases (t-shirts, water bottles, tubes)

**Please note:** We expect campers to wear clothing that they can be active in and get dirty. Please do not wear clothing that is revealing or have inappropriate messages on them.

**Please do not bring** extra food: daily snacks are provided. Please leave behind all electronic devices including cell phones, or electronic games; as well as water guns, knives, hatchets, and jewelry.