



- 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, tubees), face mask-optional for indoor activities

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.