

SAMPLE KIT LIST

FOR WEEKEND CAMPS (3 days, 2 nights)

Please adjust your numbers to your camp length

- Warm sleeping Bag – it is cool near the ocean at night
- Small pillow or pillow slip to fill with clothes and/or small teddy etc.
- Dense foam pad (not too thick or too wide) or Thermarest if sleeping in a tent or hut
- Warm pajamas (or sweats reserved for sleeping)
- Toque for sleeping
- 3 - 4 pairs of socks
- 2-3 pairs of underwear
- 2 pairs of long pants or sweatpants
- Sweatshirt, sweater or fleece
- Shorts or capris
- 2 or 3 shirts or tee shirts – **no tank tops or sleeveless shirts**
- long-sleeved shirt or tee shirt
- Camp hat with a brim
- Toque for outside
- Warm rain-proof jacket or jacket and poncho
- Waterproof footwear or boots if rainy weather (gumboots are not warm - pack extra warm socks)
- Running shoes or other comfortable walking shoes
- **BEACH SHOES –closed toed Aquasox or old runners** – This is a must as the beach is rocky and full of barnacles etc. Lifeguards will insist on beach shoes. **No flip flops or crocs.**
- Bathing suit and towel
- Toiletries – brush and comb, elastics for long hair, face cloth, small towel, toothbrush and toothpaste. Soap, tissues, lip balm, deodorant and sanitary supplies
- **MEDICATION** – must be in original packaging in a Ziploc bag clearly labeled with the camper's name and instructions in detail.
- Sunscreen and insect repellent (non-aerosol)
- Personal water bottle
- Flashlight with extra batteries if battery operated

Other items you may require

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| • Day pack | • Waterproof sit-upon |
| • Bottom single sheet for bed | • Book, cards or other quiet activity |
| • Spending money | • Indoor slippers |
| • Watch | • Rain Pants |
| • Fleece Vest | • Solar Shower |
| • Dippy bag (plate, bowl, cutlery, mug) <i>For some outdoor sites</i> | • Gloves |
| • Traders | • Notebook and pen |
| • Bag lunch or dinner for ferry | • Plastic bag for laundry, clothes pegs, safety pins |
| • Compass | |
| • Fleece blanket to slip inside sleeping bag if tenting or in a hut | |

Hints and Tips

All campers must be able to carry their own stuff. No large hockey bags or garbage bags. Gear should be packed so it is waterproof. Everything must be labeled with the camper's name. Girls should do the packing so they know what they have. Do not bring expensive jewelry, extra money or expensive cameras etc. No electronics, cell phones, etc. No food, gum or candy (Bears, mice, raccoons etc.)

All campers should travel in uniform and behave in a good Guiding way on route and on the ferry. Use coloured tape to mark luggage for particular sites if a large camp