

## ADVENTURE CAMP Personal Packing

### Feet:

- 1 pair sneaker or water shoes:** This will be your pair of shoes to wear while canoeing. They will get wet.
- 1 pair sneakers or running shoes:** This will be your *dry pair* of shoes to wear around camp at night and must be closed-toe for operating the stoves.
- 1 pair of sandals (optional)
- 3-4 pairs of wool hiking socks or athletic socks:** For wearing around camp at night.
- No rain boots

### Lower Body:

- Underwear as needed** (recommended maximum 1/day).
- 1-2 pairs shorts**
- 1 pair long pants**
- 1 bathing suit**

### Upper Body:

- 3-4 t-shirts**
- Rain coat or rain poncho**
- 1 long-sleeve shirt** (thin/light, doubles for sun protection or extra layer)
- 1 warmer sweater or hoodie** (for warmth on a cold day/night)

### Head:

- 1 hat** (for sun protection)

### Other :

- Any medications you will need** (allergy medications, inhaler, etc.)
- Glasses** (if required), not contact lenses
- Feminine hygiene products** (as needed)
- 1 toiletries kit:** 1 toothbrush, small tube of toothpaste, sunscreen, face cloth and lip balm. Shampoo in travel size (optional), deodorant.
- Insect repellent.** Should contain DEET, but no higher than 35 %. No aerosols please.
- 1 towel**

### Gear

- Sleeping bag** (lightweight)
- (optional) **Compressible small camping pillow**

- 1 Therm-a-Rest or closed-cell foam sleeping pad** (3/8 in. foam). Sleeping pads provide padding and insulation from the ground for more comfortable sleeping, and they help keep your sleeping bag dry.
- 1 reusable plastic water bottle**
- 1 small flashlight or headlamp**
- Mess kit - 1 plastic cup with handle, 1 plastic bowl or mug bowl, 1 unbreakable spoon or spork**

### **OPTIONAL**

- 1 camera (optional, recommended: disposable)
- 1 pair sunglasses or clip-ons
- small folding knife with locked blade (at parental discretion)
- lanyard or floaty for sunglasses
- Sandals
- Bandana
- small musical instrument
- mosquito net
- small book, playing cards
- small camping mirror
- parachord

### **DO NOT BRING: *You'll survive without these things, we promise!***

- Electronics: cell phones, iPods, etc.
- Full size pillow
- Make up
- Rain boots

### **BAGS**

- 1 knapsack that holds all belongings** (recommended: 35 litre size)
- (recommended) **1 waterproof stuff sac**