

Clothing and Equipment Checklist

The following list is recommended based on a one-week stay at camp. Campers staying longer than one-week have access to a laundry service. It is recommended that campers use the laundry service rather than increasing the amount of clothing brought to camp. Summer evenings may be unpredictably cooler than normal, so please check weather reports (available on any Ontario Weather Web sites) prior to arriving at camp to confirm appropriate clothing and sleeping bag. All clothing, equipment and bedding should have the camper's name clearly marked and securely attached.

IMPORTANT: We recommend that all valuable and expensive clothing, hat, games (video, discman, MP3 players) not be brought to camp unless it is at the camper's own risk. We are not responsible for any lost/stolen items while at camp. We will make every effort to locate lost/stolen items but there are no guarantees.

Clothing

- (6) T-shirt
- (3) Sweatshirts
- (3) Long pants
- (3) Shorts
- (6) Underwear
- (6) Pairs of socks
- (2) Bathing Suits
- (1) Pajamas
- (1) Rain jacket
- (1) Hat
- (2) Pair of running shoes
- (1) Pair of Shower sandals

Bedding/Towels

- (1) sleeping bag
 - (1) fitted single sheet
 - (1) pillow
 - (1) pillow case
 - (2) bath towels
 - (1) beach towel
- ### Toiletries
- (1) toothbrush
 - (1) bar of soap
 - (1) brush or comb
 - (1) small tube of toothpaste
 - (1) shampoo
 - (1) conditioner

Soccer Equipment

- (1) pair of soccer cleats
 - (1) shin guards
 - (1) indoor shoes
 - (6) pairs of soccer socks
- ### Goalies
- (1) pair of goalie gloves
 - (1) pair of knee pads
 - (2) goalie pants/shorts
 - (4) goalie jerseys

Other Recommended Items

- Insect repellent (lotion only)
- Sunscreen (SPF 30+)
- Pen/paper/envelopes
- Canadian Stamps
- Water bottle (for camp)

NOTE: Although our camp is not a "nut free" environment, we do try to reduce the risk of campers with severe nut allergies by eliminating visible nuts/nut products from the kitchen and sleeping areas. We do ask the campers not to bring additional food into camp, especially products with visible nuts or nut products in them (i.e. chocolate bars, peanut butter cookies, etc). Thank you for understanding and compliance to these matters.

Transportation to/from Camp

Campers are responsible for getting to/from camp.

Camper Phone Policy

Due to the potential volume of calls and disruption to camp, phone calls to/from campers is not permitted. In the event of an emergency, please contact the office to make arrangements through the Camp Director. In addition, cell phones are not permitted at camp. If they are brought to camp they will be taken from camper, securely stored and returned upon departure.

Camp Contact Information

Bernadeta Dec - Director 1-866-724-5125 ext. 22