

PACKING LIST

WHAT TO BRING...

- Bedding (sleeping bag, comforter, etc.)
- Pillow
- Towels (shower & beach)
- Shampoo & soap
- Toothbrush, toothpaste, dental floss
- Sunscreen & bug spray
- Water bottle (large)
- Flashlight
- Closed toe-shoes
- Shorts
- Shirts
- Pyjamas
- Long pants (jeans, sweats, leggings, etc.)
- Sweater or sweatshirt
- Warm jacket
- Socks and underwear
- Banquet clothes (semi-formal)
- Rain gear
- A comfortable bathing suit to move in
- Sandals/flip-flops
- Indoor shoes/slippers
- Prescription medications (labeled)

We strongly encourage you to label all items with first and last names. Some activities involve dirt and paint that may stain clothing, pack accordingly.



TREK CAMP X-TRA THINGS TO BRING

- Bedding (sleeping bag, small foamy,)
- Tarp and Rope (optional)
- Hiking or camping backpack that fits everything
- Layers (Fleece, Light Down/Synthetic Jacket)
- Warm clothes (baselayers, mittens, toque, extra socks for at night)
- Travel-size toiletries in a separate plastic bag (labelled)
- Rain gear (boots, coats, pants, etc.)
- Small backpack to carry items during the day
- A large empty tin can, to make a lantern

WHAT NOT TO BRING...

- Electronic equipment (phone, laptop, games, etc.)
- Jewelry
- Pocket knives/weapons of any kind
- Tobacco, alcohol products, vaping products/e-cigarettes
- Non-prescription drugs
- Money
- Candy or food
- Expensive clothing or accessories
- Matches/lighters

