



PACKING LIST – ONE WEEK CAMP

SUITABLE FOR SUMMER BLAST 1, 2, 4 & 5

NOTE TO PARENTS: It is **VERY important to ensure that your child has the appropriate clothing and gear for Camp.** Mandatory items are necessary for the safety and comfort of your child and help to ensure their enjoyment of Camp.

For the general clothing items we recommend certain quantities, however, you can alter them slightly at your discretion.

To prevent loss, make sure that EVERY article is clearly marked with your child's name using a name tag or laundry pen. Have your child assist with packing so they will be familiar with items. Camp Summit collects any items found during a camp session into a Lost and Found which is shown to campers on their final day at camp. Any articles that are unclaimed are kept in storage and then they are donated to charity. We do our best to ensure that your child returns home with all of their belongings – please give us a call or email if they seem to have forgotten something.

No MP3 players, iPod's, hand held electronic games, knives, cell phones, or candy/food are allowed at camp. These items will be kept in the office until the end of session if they are brought onsite. Summit is not responsible for loss or damage of items brought on site.

If you have any questions please feel free to contact us at: rienne@campsummit.ca or Toll Free 1-866-550-1118.

Qty	CLOTHING/EQUIPMENT	Check when packed ☺
1	Pair of Hiking Boots OR a pair of sturdy, well fitted, lace up running shoes - preferably over the ankle so they provide good support – they should be comfortable and suitable for high energy activities such as hiking, etc. These need to be previously broken in (please be sure your child has worn these for a min. of a month prior to camp to prevent blisters)	
1	Spare pair of Running Shoes	
1	Pair of Sport Sandals with secure heel strap or 'Croc style' clogs with a heel strap – these need to be a pair of water suitable shoes that will stay secured to the feet	
1	Waterproof Rain Coat	
4-5	T-Shirts	
1	T-Shirt for tie-dying purposes	
2	Long Sleeve tops - at least one should be a polyester blend material if possible	
1	Pair of Quick Dry Pants - track pants, lulu lemon style stretch pants or something similar are fine – something with a polyester blend is best as it dries quickly and is better for wet weather	
2	Long Pants - casual jeans, sweatpants etc	
1	Polar Fleece Jacket or Sweater – this should be a warm layer for cooler weather and nights	
1	Casual Sweaters or Sweatshirts	
2-3	Shorts - at least one 'quick dry' pair for water activities, swimming, etc	
1	Bathing Suit	
1	Pair of Pajamas	
4-5	Pairs of Socks - at least one or two pairs wool or synthetic socks are recommended as they dry much faster	
7	Pairs of Underwear - 1 per day	
1	Sun Hat / Ball Cap - a must!	
1	1 Litre Water Bottle	
1	Sleeping Bag – a "mummy style bag" is best if possible	
1	Pillow	
1	Flashlight with a spare set of batteries	
2	Bath Towels	
1	Backpack – a School Sized one is fine, it should be suitable for day excursions with enough room for lunch, a water bottle, a sweater, and a rain jacket	
1	Toiletry Kit - toothbrush, toothpaste, shampoo, soap etc.	
1	Bottle of Sunscreen – must be waterproof and SPF 30 at a minimum	
1	Mesh Laundry Bag – this will help keep clothes organized and separate from clean clothes and can be found at Walmart or Dollar stores	
OPTIONAL ITEMS: the following items can enhance your child's experience at Camp but are not mandatory.		
1	Writing Kit (Stamps, Envelopes etc.)	
1	Camera and Film (a good idea!)	
	Books/Magazines/Journal	
1	Pair of Flip Flops	
	Insect Repellent – non aerosol	
	Stuffie (stuffed animal friend)	