

DAY CAMPS PACKING LIST

BRING THE FOLLOWING ITEMS

CLOTHING

- Running Shoes
- Weather appropriate clothing
- Shorts
- T-Shirt
- Sweatshirt
- One piece swimsuit (to be worn under your clothes, day 1 only)
- Sandals or Slides (optional for day 1 water activity)

OTHER MUST BRING ITEMS

- Chair OR Blanket (to sit on)
- Flashlight (day 2 only)
- Sunscreen, Bug Spray
- Water Bottle
- Rosary
- Sunglasses
- Towel
- Change of clothes (tshirt / sweatpants / extra socks)
- Sweatshirt or Jacket (for evening campfire)
- Umbrella (just in case)

MEDICATIONS

- Personal Medications (pack any and all medication in its ORIGINAL packaging and bring them to camp in a ziplock bag labeled with your FULL NAME - ensure you have included these details on the medical form)

DO NOT BRING THE FOLLOWING

- Electronic devices/tablets/magazines These items don't promote group activities and are not welcome at camp. We appreciate your co-operation.
- Inappropriate Clothing We encourage an environment of elegance and modesty, so we ask that you please not bring strapless or spaghetti strap tank tops, tight or transparent clothing, bikinis, short shorts)
- Food Complete and well-balanced meals and snacks will be served.