

## **SUGGESTED CLOTHING AND EQUIPMENT GUIDELINE FOR AHMEK/WAPOMEO CAMPERS**

**THIS LIST IS ONLY A GUIDE AND MAY BE ALTERED TO SUIT INDIVIDUAL NEEDS. PLEASE HAVE ALL ARTICLES CLEARLY MARKED WITH THE CAMPER'S FULL NAME.**

*NOTE: All Campers (with the exception of Try Out Campers) go on at least an overnight canoe trip. Please pay particular attention to the Trip Equipment Section. Also consider adjustment for 12 and 15- Day Campers i.e; 2 Long Sleeved Shirts will be fine.*

### **CLOTHING:**

- \_\_\_ 2 BATHING SUITS
- \_\_\_ 10 PAIRS of UNDERWEAR
- \_\_\_ 3 PAIRS of LONG PANTS
- \_\_\_ 4 T-SHIRTS \*
- \_\_\_ 3 LONG SLEEVED SHIRTS
- \_\_\_ 2 PAIRS of PYJAMAS
- \_\_\_ 2 WARM SWEATERS (Machine washable)
- \_\_\_ 1 SWEAT TOP
- \_\_\_ 2 PAIR of SWEATPANTS
- \_\_\_ 1 WARM JACKET or VEST
- \_\_\_ 1 WARM BATHROBE
- \_\_\_ 4 PAIRS of COTTON SOCKS
- \_\_\_ 4 PAIRS of WOOLLEN SOCKS
- \_\_\_ 3 PAIRS of SHORTS
- \_\_\_ 1 PAIR of GOOD RUNNING SHOES  
(For tennis or basketball)
- \_\_\_ 1 PAIR of RUBBER BOOTS or HIKING BOOTS  
(With a heel for horseback riding and/or rain)
- \_\_\_ RAINSUIT with Pants and Jacket (**IMPORTANT: The suit should be Windproof AND Waterproof.**)

### **TRIP EQUIPMENT (CLOTHING):**

- In addition to the already specified articles:
- \_\_\_ 1 SLEEPING BAG (**IMPORTANT: Required by every camper.** Lightweight and warm)
  - \_\_\_ 1 PAIR of QUICK DRY SHORTS
  - \_\_\_ 1 THERMAL/FLEECE OR LONG SLEEVED SHIRT
  - \_\_\_ 1 PAIR LIGHT WEIGHT PANTS or SWEATPANTS
  - \_\_\_ 2 PAIRS of WOOL WORK SOCKS
  - \_\_\_ 1 PAIR of HIKING BOOTS (ankle support essential)
  - \_\_\_ 1 PAIR of LIGHTWEIGHT SHOES
  - \_\_\_ 2 WATERPROOF PERSONAL BAGS  
(Any bag > 30 L is not appropriate for trip.)
  - \_\_\_ THERMA REST (optional)

NOTE: Tripping stoves and fuel should NOT be brought to camp. These items are supplied by the camp.

### **ESSENTIALS:**

- \_\_\_ BLANKET/COMFORTER
- \_\_\_ FLANNEL or COTTON SHEETS
- \_\_\_ 1 PILLOW & PILLOW CASE
- \_\_\_ 1 LAUNDRY BAG
- \_\_\_ 1 SUN HAT WITH BRIM/BANDANA
- \_\_\_ 2 FACE CLOTHS
- \_\_\_ 2 BATH TOWELS (Large/beach towels)
- \_\_\_ FLASHLIGHT & BATTERIES \*
- \_\_\_ PENCILS/PENS \*
- \_\_\_ 1 TOOTHBRUSH \*
- \_\_\_ TOOTHPASTE \*
- \_\_\_ MOISTURIZER
- \_\_\_ SHAMPOO (Biodegradable) \*
- \_\_\_ 2 BARS OF SOAP (Biodegradable & non-detergent) \*
- \_\_\_ 1 SOAP CASE
- \_\_\_ PADDLE (This item may be purchased at the Tuck shop or bought at an outfitter store)\*
- \_\_\_ SUN SCREEN SPF 15+ \*
- \_\_\_ INSECT REPELLANT (non-Aerosol)\*
- \_\_\_ LIFE JACKET (must be government approved by the Ministry of Transportation)  
**WITH A WATERPROOF WHISTLE ATTACHED** (any camper who does not have a waterproof whistle will be required to purchase one from the Tuck Shop.)

### **OPTIONAL CONSIDERATIONS:**

- \_\_\_ TENNIS BALLS
- \_\_\_ FISHING TACKLE
- \_\_\_ BOOKS/GAMES/CARDS/ETC.
- \_\_\_ INEXPENSIVE CAMERA \*
- \_\_\_ FILM \*
- \_\_\_ STAMPS \*
- \_\_\_ INEXPENSIVE WATCH or STOPWATCH
- \_\_\_ TOILETRY-ARTICLES-BAG
- \_\_\_ LIP MOISTURIZER \*
- \_\_\_ MUSICAL INSTRUMENTS
- \_\_\_ DRESSES, SUITS, HATS, ETC. (For plays)
- \_\_\_ FACIAL TISSUE (Kleenex, Etc.) \*
- \_\_\_ WATER BOTTLE\*
- \_\_\_ TENSOR BANDAGE (For those with weak knees or ankles)
- \_\_\_ APPROVED ENGLISH RIDING HELMET
- \_\_\_ TENNIS RACQUET

\* THESE ARTICLES ARE AVAILABLE FOR PURCHASE IN OUR TUCK SHOP.

N.B. In addition to regular flashlights, petzl headlamps will be available in the tuck shop for ages 12 and up. Approximate cost will be \$25-\$30 plus taxes. Please notify the office if your camper is *not allowed* to purchase a petzl.

**Please see over...**

## **ADDITIONAL INFORMATION AHMEK/WAPOMEO CAMPERS**

- COTTON RETAINS 40% INSULATION, WHILE WOOL RETAINS 80% INSULATION WHEN WET.
- YOUNGER CAMPERS MAY NEED MORE SHEETS, UNDERWEAR, PYJAMAS, AND PLASTIC BED SHEETS. IT IS PREFERABLE THAT CAMPERS TRAVEL TO AND FROM CAMP IN "CAMP CLOTHES".
- WHILE IN CAMP, WE ADVISE THAT CAMPERS USE SHEETS AND BLANKETS AS BEDDING. A SLEEPING BAG IS BEST SUITED FOR TRIPPING AND SHOULD BE CONSIDERED AS ESSENTIAL.
- RAINGEAR SHOULD BE EASILY ACCESSIBLE IN CASE OF INCLEMENT WEATHER WHILE ARRIVING AT CAMP.
- ALL CLOTHES SHOULD BE MACHINE WASHABLE.
- LAUNDRY FOR CAMPERS IS DONE EVERY 8-9 DAYS ON A CABIN GROUP AND SECTION BASIS. THE LAUNDRY IS COLLECTED IN THE MORNING AND IS BACK TO THE CAMPER THAT NIGHT. IT IS IMPERATIVE THAT ALL ARTICLES BE PLAINLY MARKED WITH THE CAMPER'S FULL NAME.
- *PLEASE NOTE: BE SURE TO HAVE IRON-ON LABELS THAT STAY ON CLOTHING.*
- WE WOULD LIKE TO POINT OUT THE PROBABILITY OF LOSS OR DAMAGE TO CAMPER BELONGINGS AND WE SUGGEST THAT CAMPERS AVOID BRINGING EXPENSIVE AND/OR VALUABLE ITEMS TO CAMP-- ITEMS SUCH AS CAMERAS OR WATCHES, SHOULD BE RELATIVELY INEXPENSIVE AND WATERPROOF. RADIO/CD PLAYERS, MP3 PLAYERS/IPODs, JEWELRY ETC. SHOULD NOT BE BROUGHT TO CAMP. WE EMPHASIZE THE NEED FOR POSITIVE IDENTIFICATION ON EACH ARTICLE. WE WOULD ALSO LIKE TO POINT OUT THAT WE CANNOT BE RESPONSIBLE FOR ANY ARTICLES BROUGHT TO CAMP.
- **WE STRONGLY ASK THAT CAMPER VALUABLES INCLUDING MONEY AND PASSPORTS BE DEPOSITED IN OUR CAMP BUSINESS OFFICE SAFE.** CAMPERS MAY ACCESS THESE ITEMS IF NECESSARY. PLEASE DISCUSS THIS WITH YOUR SON OR DAUGHTER.

PLEASE PACK ALL ITEMS FOR CAMP, INCLUDING BEDDING IN A HOCKEY OR DUFFLE BAG AND ENCLOSE THIS LIST FOR CHECKING PURPOSES WHEN RETURNING HOME.



**PLEASE BE ADVISED THAT SANDALS, TEVA'S AND FLIP FLOPS ARE NOT ENCOURAGED AS THEY CAN LEAD TO FOOT INJURIES (IE. ROUGH CAMP TERRAIN, CAMP FIRES.)**

- **WAPOMEO:** GIRLS (12 YEARS AND OVER) ARE ASKED TO BRING SANITARY NAPKINS/TAMPONS EVEN IF THIS IS JUST PRECAUTIONARY. *IMPORTANT - TAMPONS MUST HAVE BIODEGRADABLE APPLICATORS.*
- **TRUNKS ARE NOT PERMITTED AS THEY ARE VERY DIFFICULT TO TRANSPORT TO THE CAMPER CABINS**
- **Please Note:** When Wapomeo campers visit Ahmek for Inter-camp days **one piece bathing suits or tankinis need to be worn**. Please ensure that your Wapomeo camper comes with appropriate swimwear.