



MONTH/FULL SESSION PACKING CHECKLIST

Suggested Clothing and Equipment

*NOTE: This list is only a guide and may be altered to suit individual needs. Please ensure that all articles are marked with your camper's name ☺

CLOTHING:

- 2 Bathing Suits
- 14 Pairs of Underwear
- 4 Pairs of Long Pants
- 8 T-Shirts
- 4 Long Sleeved Shirts
- 2 Pairs of Pyjamas
- 4 Warm Sweaters (Machine Washable)
- 2 Pairs of Sweatpants
- 10 Pairs of Cotton Socks
- 4 Pairs of Wool Socks (or similar)
- 6 Pairs of Shorts
- 1 Pair of Running Shoes (For Tennis or Basketball)
- 1 Pair of Rubber Boots (For Rain & Horseback Riding)
- Rain Gear (Pants & Jacket – both should be windproof and waterproof)
- 1 Light Jacket

ESSENTIALS:

- 1 Blanket/Comforter
- 1 Set of Flannel or Cotton Sheets (Twin/Single Bed)
- 1 Pillow with Pillow Case
- 1 Laundry Bag
- 1 Sun Hat (Bucket or Baseball)
- 1 Face Cloth
- 2 Large Towels
- 1 Toothpaste and 1 Toothbrush WITH Case
- Shampoo & Conditioner (Biodegradable is preferred but not required)
- Body Wash or Soap (Biodegradable is preferred but not required)
- 2 Sunscreen (30 SPF or higher)
- 1 Bug Spray
- 1 Water Bottle
- Life Jacket (Transport Canada Approved) with Whistle
- 1 Handheld Flashlight with Batteries
- 1 Headlight Flashlight with Batteries
- 1 Wooden Canoe Paddle

OPTIONAL:

- Books/Games/Cards Etc.
- Fishing Gear
- Stationary (Paper, Envelopes, Pens/Pencils & Stamps)
- Watch
- Shower Basket
- Bathrobe
- Musical Instruments
- Moisturizer
- Lip Balm
- Costumes for Drama or Theme Days
- Kleenex
- Riding Helmet (Not required – available on site for use)
- Tennis Racquet (Not required – available on site for use)
- White T-shirt (for tie dye!)

TRIPPING EQUIPMENT (REQUIRED):

- 1 Sleeping Bag (Lightweight but warm; packs small)
- 1 Pair of Quick Dry Shorts (For Tripping)
- 1 Quick Dry or Light T Shirt
- 1 Pair of Light Shorts (For Campsite)
- 1 Thermal Fleece or Long Sleeve Shirt
- 1 Wear of Lightweight Pants or Long Sleeved Shirt
- 1 Pair of Light Weight Pants or Sweatpants
- 2 Pairs of Wool Socks (i.e. Smartwool brand or similar)
- 1 Pair of Hiking Boots with Ankle Support & Traction
- 1 Pair of lightweight shoes (i.e. Crocs brand or similar)
- At least 1 Waterproof Personal Bag (also known as a "Dry Bag" – anything larger than 30L is NOT necessary).
- Therm-a-Rest or similar (OPTIONAL)

ALL OTHER EQUIPMENT NEEDED FOR CANOE TRIP IS PROVIDED BY THE CAMP



ADDITIONAL INFORMATION FOR AHMEK & WAPOMEO CAMPERS

- Cotton retains 40% insulation, while wool retains 80% insulation when wet
- Younger campers may need more sheets, underwear, pyjamas, and/or plastic bed sheets.
- While in camp, we advise that campers use sheets and blankets as bedding for their cabin bed. A sleeping bag is best suited for tripping. Both items are considered essentials.
- 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 name. We recommend iron on labels or labels such as Mabel's Labels.
- We would like to point out the probability of loss or damage to camper belongings and suggest that campers avoid bringing expensive and/or valuable items to camp. Items such as cameras and watches should be relatively inexpensive and waterproof. Cell phones and other electronics should not be brought to camp. We emphasize the need for positive identification on each article. The camp is not responsible for any articles brought to camp.
- We strongly ask that camper valuables including money, passports and cell phones be deposited to the camp business office safe. Campers can access their money if needed but all other items will be returned at the end of the session. Please ensure that your camper is aware of this and knows to bring their valuables to their counsellor or section director upon arrival.
- For packing all your camper's items, we recommend a large duffel bag (i.e. hockey bag) and enclose this list to help them pack upon returning home. For a Try Out Camper, 1 duffel bag should fit all. For all other campers, it is common to have 1-2 duffel bags, as canoe trip gear is also required. Trunks should be avoided! International campers are welcome to use rolling suitcases if this makes travelling easier.
- Please be advised that flip flops and sandals are not encouraged as they can lead to foot injuries.

Stores we recommend for camp shopping include (but are not limited to):

Atmosphere
Mountain Equipment Co-op (M.E.C)
SAIL
Camp Connection
Recreational Equipment Incorporated (R.E.I)

For International Campers who need Transport Canada Approved Lifejackets, we recommend ordering from amazon.com and shipping to the P.O Box address found in the Camp Guide on the website.

SEE YOU ON CANOE LAKE!