



Adventure Camp Packing List

The following is a list of recommended items to bring, please adjust accordingly.

Please make sure ALL clothing and equipment is clearly labelled with camper's first and last names!

Comfortable fitting clothing:

- Long pants
- shorts if you wear them
- t-shirts
- underwear
- 2 long sleeved shirts
- 2 sweaters/sweatshirts
- 1 pair of comfortable hiking boots
- 2 bathing suits
- 2 bath towels
- socks
- 1 pairs of sneakers
- 2 sun hats (one with a wide brim)
- pyjamas
- 2 or 3 lycra tops/bottoms for canyoning
- 1 nice outfit for Shabbat

Equipment:

- Backpack (comfortable/padded)
- Rigid reusable water bottle (i.e. Nalgene)
- Sunscreen (minimum SPF 30)
- Non-aerosol insect repellent (less than 10% deet)
- Toiletries (comb, toothbrush, tooth paste, deodorant, facial tissues, feminine hygiene products, shampoo, shower soap)

Optional:

- Bandana (optional to wear under helmet)
- Bathrobe
- 1 jacket (nights can be chilly)
- UVA/ UVB Sunglasses
- camera
- Lip Balm (w/ an SPF)

LAUNDRY

Laundry service is available once a week on Fridays for campers who are staying for 2 or more consecutive weeks of camp, at the additional fee of \$20 plus tax. Clothing is sent out, washed, dried, folded and returned later that same day. A laundry bag will be loaned to campers for laundry service. To avoid disappointment, please do not send any clothing that will not stand up to commercial laundering or which required delicate care.

PACKING TIPS

1. All camper clothing and equipment must be clearly labelled with camper's first and last names.
2. To avoid the disappointment of returning home without favourite (and costly) items, we strongly recommend that you leave those clothing items at home, and pack clothing that can get a little dirty!
3. When packing, please keep in mind the following:
 - Keep packing as simple as possible.
 - Try not to over pack.
 - Parents, please pack WITH your camper. This helps reduce lost and found items because your child can recognize what was packed, and it also helps to prepare your camper for the camp experience.
 - Space is limited. Soft-sided suitcases and duffel bags work best.

Please make sure ALL clothing and equipment is clearly labelled with camper's first and last name!