



## PACKING LIST

Please be prepared to pack for all types of weather. We experience having to pack for cool to hot, dry to wet temperatures and climates. It is important for us to be prepared to adjust accordingly. We spend the whole 6.5 hour day outside - keep this in mind when preparing your child for our programs. We strongly encourage you to label all items your child brings and wears to programs.

### Some general clothing your child should wear may include:

- T-shirts or Athletic Shirt
- Sweatshirt
- Light and comfortable, but durable pants
- Long wool or hiking socks
- Hat
- Rubber boots and/or running shoes
- Raincoat and/or poncho

\*If cooler or wet weather is expected pack spare clothing\*

### Safety

- Sunscreen and hats
- Bug repellent (for mosquitos, ticks, deer flies, etc.)
- Comfortable, sturdy footwear to run, hike and play in that can get dirty & wet
- Any medication requirements
- Personal protective equipment: personal hand-sanitizer, face covering (2-3 to change as needed)
- Lifejacket (for use in kayaks, exploring around the pond)

### Food and Water

- Refillable Water Bottle
- Litterless and Boomerang Lunch (all garbage returns home with the child)
- Healthy Snacks for morning and afternoon snack
- Please **no nut products** – participant allergy alert

### Other Useful Supplies

- Pencil case with basic supplies: pencils, sharpener, erasers, small ruler, a few colouring pencils/markers

### Other considerations

- There will be no formal changerooms provided this summer
  - A tarp-screen area will be set up if required to permit any changing required
- Camp Programs: A swimsuit is not required unless your child is signed up for swimming lessons in the pool
  - Swimming in our pond will not be an activity for camp weeks this summer
- Swimming lessons: Swimsuit and towel, personal pool toys