

CAMPER PACKING LIST



This is a checklist of items that every camper is required to bring. Great thought and care has been put into making this list, so please comply with it as closely as possible.

Unnecessary items include:

- o Food of any sort, especially junk food or snacks. Complete and well-balanced meals will be provided.
- o Inappropriate clothing, such as midriff shirts, spaghetti strapped tops, shorts shorter than mid-thigh, leggings or bikinis. These do not reflect the dignity of the human person.
- o Electronic devices such as video games, mp3 players, iPods, cell phones, and laptops. These items are not welcome at camp because they do not promote group activity. Please see page 2 for our Cell Phone use Policy.

Please bring:

- o 2 sweatshirts or sweaters
- o Jacket
- o 2 long pants
- o 3 shorts
- o 6 T-shirts
- o Socks
- o Underwear
- o Pajamas
- o Bath towel
- o Hand towel
- o Personal toiletries: *shampoo, conditioner, soap, toothpaste, deodorant, etc.*
- o Flip-flops for the shower
- o Sunscreen
- o Insect repellent
- o Sunglasses
- o Sleeping bag and pillow
- o Flashlight and extra batteries
- o Plastic laundry bag
- o 1 or 2 bathing suits (no bikini or midriff showing)
- o Rain gear
- o Sturdy athletic shoes
- o Hat
- o Water bottle
- o Water shoes (optional)
- o Book
- o Pen, pencil, journal
- o Small backpack for day hikes
- o Sanitary supplies

Please label all items brought to camp! Thank you for your cooperation.

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Cell Phones at Camp

Campers and Counsellors are NOT permitted to bring cell phones (or similar devices) with them to camp.

We believe strongly that part of a healthy camp experience is providing campers with opportunities to strengthen their sense of independence. Camp is unique in that it emphasizes community living in a safe and healthy natural setting.

Our experience is that campers thrive at camp as they learn to develop relationships and negotiate challenges with those they are sharing the camp community with. They also benefit from camp because it gives them a break from common technology. We believe that the success of each child at camp is compromised by the distraction of cell phones and electronics.

Sometimes parents have sent a cell phone to camp because they want to be able to get in touch with their child in case of an emergency. Please be assured, we will pass along any urgent messages from a parent to their child. In the unlikely event that we need to reach families because of something that happens at camp, we will be in touch as soon as possible.

To that end, we ask that parents support the camp experience by ensuring their child does not bring a cell phone with them to camp. If a camper or counsellor does bring a cell phone with them to camp it will be confiscated by the camp administration.

Phone Use

For many of the same reasons that we do not allow cell phones at camp, campers do not have access to phones in our office etc. at camp.

PLEASE DO NOT ENCOURAGE YOUR CAMPERS TO CALL HOME!!

It continues to be our policy to have the Program Director contact families if any concerns arise including extreme homesickness. Except in the case of emergency or to arrange rides at the end of the week our staff do not permit campers or counsellors to use the phone. Any emergency messages for campers or counsellors are delivered by the Camp Director.