

# KIT LIST

CANADIAN ADVENTURE CAMP

PACK  
EVERYTHING  
IN SOFT  
DUNNAGE OR  
MEDIUM  
HOCKEY  
BAGS.  
(NO TRUNKS,  
SUITCASES  
OR GOALIE  
BAGS PLEASE!

## WHAT TO BRING:

A PFD Lifejacket (on top of bag)  
Swimwear  
Several t-shirts  
5 x Shorts  
2 x Sweaters  
1 x Sweatpants  
8 x Socks  
10 x Underwear  
1 x Extra Footwear  
Sleeping Bag  
Pillow (pack to stay dry)  
Extra Blanket  
Flashlight (with extra batteries)  
Toothbrush & Toothpaste  
Shampoo (must be biodegradable!)  
Insect Repellent  
Sunscreen  
Amusing Camp Hat  
Paper/Pens/Pencils  
Rainwear  
Campfire Blanket  
Special Banquet Clothes  
(Sport shirt & white tennis shorts for boys)  
(A nice outfit for girls)  
Overnight Trip Utensils  
(knife, fork, spoon, bowl, plate, mug)

## OPTIONAL:

Gym Shorts/Leotards  
Gymnastic Footwear/Hand Grips  
Extra Swimwear  
(in particular for skiers)  
Hair Band/Elastics  
Camera  
Compass  
Fishing Tackle  
Swim Mask/Fins/Snorkel  
Musical Instrument  
Stuffed Animal



## DO NOT BRING:

MP3 Players/Ipods  
Cell Phones  
(use for international travel excepted)  
Electronic Games  
Radios  
Two-way Radios  
Chewing Gum/Food/Candy/Nutella