

MUST-HAVES FOR MAKING YOUR CHILDS STAY COMFORTABLE

- **Clothing that can get dirty!** - Do not send anything to camp that you are not willing to risk getting stained and/or losing
- **Waterproof Rain Coat** - *that can be worn all day & stay dry as we run all activities in the rain or shine.* Cotton hoodies and soft shell jackets **do not count.**
- **Variety of clothing** - LAYERS so that they can keep warm in event of inclement weather. Cotton is NOT recommended. We recommend WOOL for warmth and Polyester/ Fleece material that dries quickly

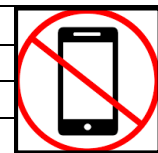
Recommended CLOTHING for 2 nights/3 days		Check
1	Pair of sturdy, well fitted, lace up running shoes - preferably over the ankle so they provide good support – they should be comfortable and suitable for high energy activities such as climbing, etc. Skate shoes and shoes with limited tread are not accepted foot wear.	
1	Waterproof Rain Coat	
1	Rain Pants	
3	T-Shirts	
2	Long Sleeve tops - at least one should be a polyester blend material if possible	
2	Long Pants - sweatpants etc. cotton is not recommended. Something with a polyester blend is best as it dries quickly and is better for wet weather	
1-2	Polar Fleece Jacket or Sweater – this should be a warm layer for cooler weather and nights	
1	Sweater or Sweatshirt	
1-2	Shorts. Shorts should be an appropriate length. No short shorts	
1	Pair of Pajamas	
4	Pairs of Socks - at least one or two pairs of wool or synthetic socks are recommended as they dry much faster	
4	Pairs of Underwear - 1 per day minimum	
1	Sun Hat / Ball Cap - a must!	
1	Toque and gloves for the cool evenings and mornings	

EQUIPMENT

1	1 Litre Water Bottle	
1	Good sleeping bag - A synthetic or down 'mummy style' sleeping bag with a hood rated to -10 degrees is best. Make sure that the sleeping bag has a 'stuff' sack to keep it in. Fabric lined sleeping bags are not recommended.	
1	Flashlight or head light with a spare set of batteries	
1	Towel	
1	1 School Size backpack—for day excursions at camp being able to fit water bottle, sweater and rain jacket	
1	Toiletry Kit - toothbrush, toothpaste, shampoo, soap etc.	
1	Bottle of Sunscreen – must be waterproof and SPF 30 at a minimum	
1-2	Plastic Garbage bag (for packing any dirty or wet clothes in at the end of camp)	

OPTIONAL ITEMS: the following items can enhance your child's experience at Camp but are not mandatory.

1	Camera (a good idea!) Note that cell phones are not cameras.	
1	Pillow	
1	Spare pair of Running Shoes	
1	Books/Magazines/Journal	
1	Pair of Flip Flops (great for walking to the bathroom in the evenings!)	
1	Insect Repellent – non aerosol	
1	Plastic Garbage bag (for any wet/dirty clothes)	



\$25-\$40 if your child would like to buy a Camp Summit souvenir. We sell T-Shirts, Hats, Toques, & more!

*To prevent loss, make sure that EVERY article is clearly marked with your child's name

Have your child assist with packing so they are familiar with their own items. Camp Summit collects any items found during their visit and puts them into Lost and Found which is shown to students on their final day. Any articles that are unclaimed are kept in storage and are eventually donated to charity. We do our best to ensure that your child returns home with all of their belongings – please give us a call or email if they seem to have forgotten something.

NOT to Bring - Computers, iPads, Electronic Games, Cellphones, Candies/ Food. We ask that the students do not bring any of these items to camp as the true way to connect is with the environment and people around you. Candy/Food is not allowed in cabins due to wild-life and potential allergic reactions from other campers.

NUT POLICY: Camp Summit is a 'nut sensitive' facility. Our kitchen does not serve food with nuts. We ask that parents do not send any personal food items with their children that contain nuts in any form. Any food containing nuts, nut products, or which may contain traces of nuts will be confiscated and not returned