



Personal Kit List for Adventures up to 5 Days

Bring what you need – Need what you bring! You will need to carry what you bring so pack wisely. As much as possible, everything you bring should have two uses or be used more than once.

Practice common scents! Do not pack strongly scented products as these can have adverse consequences in terms of attracting unwanted animals or aggravating other campers' allergies.

Medication(s) brought to camp must be in its original container, identified with camper's name and required dosage and must be given to the Trip Leader upon first contact – Daly Point, bus, trailhead etc. All campers must complete a medical form.

If you can't live without it, don't bring it! Things sometimes get lost at camp. Please do not bring any valuables such as electronics, money, jewellery, etc.

Watch the weather forecast! Be prepared for warm, cold, wet, or dry weather. Temperatures could range between 5°C and 30°C.

The items in sections A to D are strongly recommend to ensure you have an enjoyable trip. If you do not have some things from this list, please let us know and we can help you out!

A. LUGGAGE

We provide hiking backpacks for each participant. All of the items below should fit into a standard "school" backpack. Once you arrive, you will transfer your belongings to one of our backpacks. If you require more space, you may use your personal bag as well, *but don't forget* – you are responsible for carrying everything you bring!

B. PERSONAL HYGIENE

Only bring what is absolutely necessary and that you will actually use. Fill smaller reusable containers with soaps rather than bringing original, large packaging.

Small towel and face cloth	Toothbrush and small tube of toothpaste	Deodorant – non-aerosol	Comb, brush, hair ties
Lip protector (with SPF) ex. Chapstick, Nivea, Blistex	Personal wipes and hand sanitizer	One roll of Toilet paper in a Ziplock Bag	Feminine Hygiene supplies

C. CLOTHING

Tips: 100% cotton is not recommended as the fabric takes too long to dry. Consider synthetic materials (or a max. of 40% cotton / 60% polyester blend). Quick-drying fabrics will be the most suitable.

Layering is critical in this climate. You will likely start the morning wearing a t-shirt, long sleeved shirt, hoodie and/or coat with a warm hat, and shed layers to just the t-shirt midday. By night, you will be dressed warmly again.

3 x Underwear	2 x Bra or undershirt	2 x Shorts	2 x T-shirts
1 x long-sleeve shirt	1 x Bathing suit	1 x long pants (these could be zip-off legs and could also be your shorts)	A bag for wet or dirty clothes
1 x Polar fleece or wool sweater or sweatshirt (nights can get chilly)	Sun / Bug Protection: - Sunglasses - Sunscreen Hat/Head Cover (Buff) Bug Spray	1 x Sleeping clothes – a lightweight, clean outfit to wear only while sleeping (Top, bottom, socks and a <i>light</i> tuque is recommended)	
3 x Socks (Cotton is not recommended. Suggested fabrics are light polypropylene, polyester, silk or wool)			

D. FOOTWEAR

You should have footwear for water activities AND footwear reserved for hiking. All shoes **must** be closed-toed.

- One pair of comfortable, sturdy sneakers/ shoes/hiking boots
- Sports sandals or “croc” style shoes, e.g., Keens or water shoes (for swimming and for rocky shore; make sure they hold on to your feet and are sturdy). Dollar store brands or water socks are fine
- NO flip flops or open-toe sandals

*The terrain is uneven, forested and rocky. Please be mindful in your footwear selection – **do not bring open-toed shoes.***

E. OPTIONAL

Items on this list are entirely optional, if you would like to bring them, that is fine. If not, that’s fine too!

Water bottle (re-usable and unbreakable)	Plastic mug (re-usable and unbreakable)	Flashlight / headlight (with extra batteries)	Sunglasses (with UVA/UVB protection)
Toque (warm hat)	Lightweight mittens/gloves	Book to read	Journal (diary)
Playing cards or other small portable games	Mosquito/bug jacket or head net	Pocket knife (i.e., Swiss army knife) – please inform Trip Leader if you are bringing a knife or other bladed tool	

Notes:

You may bring a smart phone or small tablet to camp; however, the camp is not responsible for any damaged or lost devices. Do not count on being able to charge your electronic device at camp; bring a solar charger or other portable charging device.