

**TO THE PARENTS** *(this list is intended for campers to bring enough clothing for a 2 week stay. Adjust the number of items for a 1 week stay).*

- 1 To prevent loss, every article of clothing and bedding should be clearly labeled with iron-on or sew on name tapes or permanent, waterproof marker.
- 2 Please **DO NOT SEND FOOD TO CAMP.** Food in tents attracts animals! Some campers have severe food allergies. Camp Mi-A-Kon-Da has a nut free policy.
- 3 Camp Mi-A-Kon-Da has a **NO CELL PHONE POLICY.** If your daughter brings her cell phone to camp, it will be safely stored in the Director's cabin and be returned to her upon departure. We value our ability to disconnect from technology and re-connect with each other at camp.
- 4 Please do not send cash, expensive watches, jewellery or electronics to camp. We cannot accept responsibility if these valuables are lost.
- 5 Have your daughter assist in packing her luggage so that she is familiar with the contents and knows where to find her items.

- 6 Bathing caps, colour coded to indicate the camper's swimming ability, will be provided at camp.
- 7 Stamped addressed envelopes are helpful for younger campers.
- 8 If your child experiences bed-wetting, please include extra pajamas and sheets.
- 9 All items on this list should be packed into a duffel bag or suitcase. Large trunks are discouraged. One small backpack may hold hand luggage.
- 10 Tape this outfit list to the inside lid of the suitcase to assist the counsellor in packing.
- 11 This list is prepared as a guideline. The needs of each camper may vary with age and length of stay. Please adjust quantities and items to meet your daughter's individual needs.



**Clothing & Equipment List**

CAMPER'S NAME: \_\_\_\_\_

**PERSONAL CLOTHING**

To Camp	From Camp	
<input type="checkbox"/>	<input type="checkbox"/>	3 pairs of long pants
<input type="checkbox"/>	<input type="checkbox"/>	4-6 pairs of shorts
<input type="checkbox"/>	<input type="checkbox"/>	6 t-shirts
<input type="checkbox"/>	<input type="checkbox"/>	2 green or white t-shirts
<input type="checkbox"/>	<input type="checkbox"/>	3 sweatshirts
<input type="checkbox"/>	<input type="checkbox"/>	1 jacket or windbreaker
<input type="checkbox"/>	<input type="checkbox"/>	3 pairs of pajamas
<input type="checkbox"/>	<input type="checkbox"/>	10 pairs of socks
<input type="checkbox"/>	<input type="checkbox"/>	10 -12 pairs of underwear
<input type="checkbox"/>	<input type="checkbox"/>	3 - 4 bras (if wearing)
<input type="checkbox"/>	<input type="checkbox"/>	1 hat (required for all outdoor activities)
<input type="checkbox"/>	<input type="checkbox"/>	2 bathing suits
<input type="checkbox"/>	<input type="checkbox"/>	1 raincoat
<input type="checkbox"/>	<input type="checkbox"/>	2 pairs of lace up shoes
<input type="checkbox"/>	<input type="checkbox"/>	1 pair of shoes that can get wet (e.g. sandals)

**BEDDING**

To Camp	From Camp	
<input type="checkbox"/>	<input type="checkbox"/>	1 sleeping bag (+5°C)
<input type="checkbox"/>	<input type="checkbox"/>	1 blanket
<input type="checkbox"/>	<input type="checkbox"/>	1 pillow
<input type="checkbox"/>	<input type="checkbox"/>	2 pillow cases
<input type="checkbox"/>	<input type="checkbox"/>	1 fitted mattress sheet (single size)

**TOILETRIES**

<input type="checkbox"/>	<input type="checkbox"/>	Biodegradable body wash
<input type="checkbox"/>	<input type="checkbox"/>	Biodegradable toothpaste
<input type="checkbox"/>	<input type="checkbox"/>	Toothbrush
<input type="checkbox"/>	<input type="checkbox"/>	Biodegradable shampoo
<input type="checkbox"/>	<input type="checkbox"/>	30 SPF or greater waterproof sunscreen
<input type="checkbox"/>	<input type="checkbox"/>	2 face cloths
<input type="checkbox"/>	<input type="checkbox"/>	Box of tissues
<input type="checkbox"/>	<input type="checkbox"/>	1 laundry bag

**ADDITIONAL ITEMS**

To Camp	From Camp	
<input type="checkbox"/>	<input type="checkbox"/>	1 life jacket or PFD + whistle
<input type="checkbox"/>	<input type="checkbox"/>	1 flashlight with spare batteries
<input type="checkbox"/>	<input type="checkbox"/>	Insect repellent (non-aerosol)
<input type="checkbox"/>	<input type="checkbox"/>	2 beach towels
<input type="checkbox"/>	<input type="checkbox"/>	Writing materials and stamps
<input type="checkbox"/>	<input type="checkbox"/>	1 waterproof stuff sack, 30L (for canoe tripping)
<input type="checkbox"/>	<input type="checkbox"/>	Water bottle
<input type="checkbox"/>	<input type="checkbox"/>	Hand sanitizer

**OPTIONAL**

<input type="checkbox"/>	<input type="checkbox"/>	Camera
<input type="checkbox"/>	<input type="checkbox"/>	Books
<input type="checkbox"/>	<input type="checkbox"/>	Musical instrument
<input type="checkbox"/>	<input type="checkbox"/>	Small stuffed animal
<input type="checkbox"/>	<input type="checkbox"/>	Waterproof watch
<input type="checkbox"/>	<input type="checkbox"/>	End of month banquet outfit

CAMPER'S NAME: \_\_\_\_\_