

White Water Canoe Camp Packing List

Make sure you READ THIS LIST!! It IS different than the lists for previous camps. We are focusing on "light weight" camping (wherever possible) for this trip, including personal gear.

Please make sure that your NAME is on absolutely EVERYTHING that you bring!

We expect you to pack your own things for camp with adult assistance only as required. YOU need to know what is in your pack, and where it is!

Uniforms - Wear your necker to the church for departure.

- Ground Sheet
- Sleeping bag in a compression sack!

'Ditty'/dish bag with a carabiner  on it and the following items in it:

- plate, bowl, cup (plastic is best)
- knife, fork, spoon

- water bottle with a carabiner on it (You may want this in the vehicle with you)

- Tooth Brush & paste
- Wash cloth
- Shower towel
- Beach towel
- Comb/brush
- deodorant

- 1 pair Pants
- 1 extra pair of Shorts (light weight preferred)
- swimsuit (2 if you have them)
- 1 sweater
- 2 extra T-shirts (light coloured)
- 2 extra pr Underwear
- 2 pr Socks
- Sleep Wear (Pajamas or Track Suit)
- Closed-toe **shoes** for canoeing (NO Sandals or Crocs!)
- Shoes, sandals, slippers or Crocs to wear at campsite

- sunscreen – minimum SPF 30
- lip balm with SPF protection
- sunglasses
- bug LOTION – NOT spray!
- hat (preferably with wide brim)
- 8 clothes pins
- windbreaker or light jacket
- rainwear (Pack for easy quick access)

Do Not Bring

- *radios, Ipods, or any other electronic 'gadgets'
- *cell phone (each vehicle will have a cell phone available); no cell coverage on site
- *electronic games
- *food (other than what you have been asked to bring)
- *soap or shampoo – we will be providing and using only glycerin soap at this camp

Optional-

- Pillow
- Small Flashlight, Batteries
- Camera
- Camp Chair
- book to read

All items should be packed :

- *so YOU know where they are.
- *so they are protected from rain.
- *attached tightly (try using an old belt instead of rope or string)

Medication (Drugs)

Absolutely all medications must

- be in the original container.
- have explicit **written** directions and boys' name on the container.
- not be packed in the boys' gear.
- be given directly to the LEADER by the PARENT on arrival at the church.

NOTE: Aspirin, Tylenol, Advil, over-the-counter allergy med's, etc. cannot be administered to any youth member unless it is sent by a parent with **written** instructions.