

# Packing for Camp

## Table of Contents

<b>What to bring to camp:</b> .....	2
<b>One Week at Camp</b> .....	2
Clothing.....	2
Outerwear.....	2
Equipment.....	2
Personal Items .....	3
Optional Items .....	3
<b>Voyageur Canoe Trip Packing Lists</b> .....	4
Clothes .....	4
Personal items .....	4
Optional items .....	4
<b>Horseback Riding Adventurers Packing List</b> .....	5
Equipment.....	5
<b>Mom &amp; Me Packing List</b> .....	6
Clothing.....	6
Outerwear.....	6
Equipment.....	6
Personal Items .....	7
Optional Items .....	7
<b>What not to bring:</b> .....	7

Having difficulty reviewing information, or have more questions? Please contact our office at [camping@guidesontario.org](mailto:camping@guidesontario.org) or by phone at 1-877-323-4545 ext. 2461 during typical business hours.

## What to bring to camp:

Campers are responsible for their own belongings. Please pack with your camper so she knows what belongs to her. Packing your campers belongs into a duffle bag (or two) is recommended. **Don't forget to label everything!**

## One Week at Camp

What to pack	1 week campers	Additional information and recommendations
<b>Clothing</b>		
Sun hat	1	With a good brim
T-shirts	5-6	Which provide shoulder covering
Shorts	3-4 pairs	Not too short – comfort is key
Long sleeved shirts	3	Light weight – worn at dusk and later each night, cotton button up or long sleeve t-shirt recommended
Warm sweaters	2	Sweatshirts, fleece or wool sweater
Pants	3	Lightweight – worn at dusk and later each night, Sweatpants, quick-dry or cotton
Long-johns/ leggings	2-3	Great for extra warmth on cool nights or damp days
Underwear	7 min.	Enough that your daughter is comfortable
Socks	7 pairs	Will be worn daily cotton crew and at least one pair of wool/ warm socks
Pyjamas	2 pairs	1 light pair in case it's hot. Campers staying in tents will want 1 pair of warm pyjamas
Light Jacket	1	Windproof to be worn with a sweater on cool nights
Indoor shoes/ slippers	1	Indoor campers – rubber soled easy on and off, flip flops permitted
<b>Outerwear</b>		
Rain coat	1	Waterproof – with hood or rain coat and rain hat
Rain Pants	1	Waterproof
Rubber boots	1 pair	For rainy days or dewy mornings
Closed-toed shoes	2 pairs	Running shoes or canvas deck shoes at least one with laces/velcro for active games
Water shoes or beach sandals	1 pair	1 pair of water shoes or water sandals WITH back straps
<b>Equipment</b>		
Groundsheet/ tarp	1	Waterproof – for campers staying in tents
Pillow in a pillowcase	1	You will want to be comfortable
sleeping bag	1	Packed in a stuff sack – waterproof recommended. If your camper is staying in indoor accommodations, she can unzip the sleeping bag and use it as a comforter. Indoor accommodation campers can choose to bring blankets instead of a sleeping bag, if they wish
Sheet set	1	1 single sized fitted sheet, if staying indoors, to cover up the mattress. 1 flat sheet for campers staying indoors or in tents
Sleeping pad or air mattress	1	<i>For campers staying in tents:</i> a thin blue foam mat, the blow up type used in a pool or a self-inflating mat like a therm-a-rest. Not the type that you might use as a guest bed. The mattress must not exceed 72 inches in length and 30 inches in width

Having difficulty reviewing information, or have more questions? Please contact our office at [camping@guidesontario.org](mailto:camping@guidesontario.org) or by phone at 1-877-323-4545 ext. 2461 during typical business hours.

<a href="#">Sit-a-pon</a> / <a href="#">stadium seat</a>	1	1 waterproof square to sit on at campfires. Camp chair for LDP campers recommended.
Mess kit (Adelaide, Woolsey and Wyoka)	1	Unbreakable dishes and cutlery, plate, bowl, mug, knife, fork, spoon, in a mesh bag. Please label clearly (not needed at Doe Lake)
Flashlight with extra batteries	1-2	Small hand held or headlamp or lantern (if tenting)
Day pack	1	Small knapsack for daily use to carry water bottle, spare clothes, sun screen etc., to program sessions
Water bottle	1	Reusable – clearly labeled please
<b>Personal Items</b>		
Toiletry items		Toothbrush, tooth paste etc. Please note that showers are extremely limited at all of our camps and shampoo and body wash will be provided by the camp for shower time
Feminine hygiene supplies		Enough for a week, just in case – nothing flushable please, our camps are on septic systems that cannot handle these products
Hand towel	1	
Bathing suits	2-3	One piece or tankini type suits are best please
Beach towels	1-2	One for the beach, one for showering
Face cloth	1	
Sunscreen	1-2	SPF 30 or higher (non-aerosol only)
Insect repellent	1	(non-aerosol only)
<b>Optional Items</b>		
Camera with film or digital camera	1	Please label clearly (don't forget to bring a charger!). Please send in a Ziploc or waterproof case
Sarong	1	Handy for wearing to the waterfront
Fanny pack for asthma inhalers or EpiPens	1	
Small stuffed animal	1	Don't send your favourite though...just in case
Pens, paper, with pre-addressed and pre-stamped envelopes		Mail is NOT guaranteed to arrive home while your camper is a camp
Bug net hat or bug shirt	1	A good alternate to bug repellent
Book to read or activity books for daily quiet time	1-2	Good for quiet and rest time
Banquet outfit	1	On the last night of camp, campers will have a final banquet to celebrate their time at camp. Campers can dress for the banquet any way they like, whether that be wearing something that matches the theme or wearing a special outfit. It's completely up to your interpretation and dressing up for the banquet is optional.

Having difficulty reviewing information, or have more questions? Please contact our office at [camping@guidesontario.org](mailto:camping@guidesontario.org) or by phone at 1-877-323-4545 ext. 2461 during typical business hours.

## Voyageur Canoe Trip Packing Lists

*Our Voyageur programs require some specialized gear.* Please do not feel you need to spend a lot of extra money on these items. We encourage you to consider borrowed or used clothing. The fit or style doesn't really matter on the trip. Voyageur campers will still need to bring *some* of the "in camp" items from the "One Week at Camp" list. Don't feel you have to bring everything on both lists; you can substitute items as necessary.

An important note about fabric: Cotton is not a good canoe trip fabric because it has no heat retaining value when wet. A 50% polyester, 50% cotton blend is a better choice than something 100% cotton. 100% polyester or fleece is a better fabric choice. Canoe tripping when cold is not only uncomfortable, it can pose safety issues for the group. It is important that your camper brings the proper type of clothing. This clothing does not need to be expensive, and can often be found at discount or second hand stores.

Items to be packed for canoe trip portion of your stay at camp	Quantity	Recommendations
<b>Clothes</b>		
Sun hat	1	With brim
Bandana/buff	1	Very versatile, hair accessory, pot holder, neck warmer
Long-sleeved shirt	1	Preferably quick-dry
T-shirts	2	Preferably quick-dry or moisture wicking
Sweater	1-2	Fleece or wool
Pants	1-2 pair	Preferably quick-dry, not cotton
Shorts	1 pair	Comfortable walking , quick-dry, board short
PJs	1 pair	Shorts and a tank
Long john – top and bottoms	1 pair	Made of synthetic material or wool, not cotton
Bathing suit	1-2	2 piece sport bathing suit, e.g. tankini
Sport towel or sarong	1	Quick drying towel or sarong
Toque	1	It gets cool at night on the water
Gloves	1	Dollar store, stretchy type are good
Rain gear (jacket and pants)	1	Waterproof and durable
Water shoes	1	For swimming or around camp
Hiking boots/shoes	1	Well-fitting, fully broken-in with good ankle support (for portaging and hiking) OR sturdy laced-up watershoes
Socks	8	4 pairs each; polyester liner socks (will most often be worn in water shoes), wool socks
<b>Personal items</b>		
Small day pack or fanny pack	1	15L to carry personal items during the day
Sunscreen	1	Minimum 30 SPF, waterproof
Lip balm	1	With SPF
Head lamp / small flashlight and extra batteries	1-2	
1-litre water bottle	1	Nalgene preferred as they work with water filtration systems
Emergency blanket	1	Silver foil or blaze orange or personal-sized plastic ground sheet (emergency blanket preferred)
Sleeping bag	1	Rated for zero degrees Celsius or cooler (preferably easily compacted)
Fox 40 whistle	1	any whistle that works when wet
Pocket Knife	1	Optional – camper will be taught to use appropriately
<b>Optional items</b>		
Sunglasses	1	With retainer strap recommended

Having difficulty reviewing information, or have more questions? Please contact our office at [camping@guidesontario.org](mailto:camping@guidesontario.org) or by phone at 1-877-323-4545 ext. 2461 during typical business hours.

Compression sack	1	For sleeping bag makes packing easier – <a href="#">waterproof variety</a> recommended
Dry bag	1	<a href="#">20-L size, 30-L size</a> to keep extra clothes and items dry
Camera	1	Waterproof or in a waterproof case
Small paperback novel or note book (may get wet)	1	Kept in a Ziploc bag

## Horseback Riding Adventurers Packing List

Please see the One Week at Camp list for what to bring for the “in camp” time. The list below is in addition to standard packing list and reflects what a girl will need for her horseback riding experience.

<b>Equipment</b>	<b>Quantity</b>	<b>Information and Recommendations</b>
Riding boots	1	With distinct heels – can be shoes or boots. No running shoes. Rain boots work but Boggs are too flat
Riding Pants	1 pair	long pants, that cover the ankle, Jeggings, leggings or breeches
Extra socks	1-2 pairs	that cover the ankle, to be worn with boots, should not slip down the leg or foot
Extra shirts	1-2	Sometimes clothing gets a bit dirty and smelly from the horses – long sleeve plaid or button up works well
Helmet	1	Approved equestrian helmet (if you already own one). Horseback providers have extras to loan

Having difficulty reviewing information, or have more questions? Please contact our office at [camping@guidesontario.org](mailto:camping@guidesontario.org) or by phone at 1-877-323-4545 ext. 2461 during typical business hours.

## Mom & Me Packing List

What to pack	Mom	Me	Addition information and recommendations
<b>Clothing</b>			
Sun hat	1	1	Something with a good brim
T-shirts	2-3	2-3	Which provide shoulder covering
Shorts	2 pairs	2 pairs	Not too short- comfort is key
Long sleeved shirts	1-2	1-2	Light weight - worn at dusk and later each night, cotton button up or long sleeve t-shirt recommended
Warm sweaters	1	1	Sweatshirts, fleece or sweater
Pants	1-2	1-2	Lightweight – worn at dusk and later each night. Sweatpants, quick-dry or cotton
Long-johns/leggings	1	1	Great for extra warmth on cool nights or damp days
Underwear	3 min	3 min	Enough that you and your daughter are comfortable
Socks	3 pairs	3 pairs	Will be worn daily cotton crew and at least one pair of wool/ warm socks
Pyjamas	1-2 pairs	1-2 pairs	1 light pair in case it's hot. Campers staying in tents will want 1 pair of warm pyjamas
Light Jacket	1	1	Windproof to be worn with a sweater on cool nights
Indoor shoes/ slippers	1	1	Indoor campers – rubber soled easy on and off, flip flops permitted
<b>Outerwear</b>			
Rain coat	1	1	Waterproof – with hood or rain coat and rain hat
Rain Pants	1	1	Waterproof
Rubber boots	1 pair	1	For rainy days or dewy mornings
Closed-toed shoes	1 pair	1 pair	Running shoes or canvas deck shoes at least one with laces/Velcro for active games
Water shoes or beach sandals	1 pair	1 pair	1 pair of water shoes or water sandals WITH back straps
<b>Equipment</b>			
Groundsheet/ tarp	1	-	Waterproof - for campers staying in tents
Pillow in a pillowcase	1	1	You will want to be comfortable
sleeping bag	1	1	Packed in a stuff sack – waterproof recommended. If your camper is staying in indoor accommodations, she can unzip the sleeping bag and use it as a comforter. Indoor accommodation campers can choose to bring blankets instead of a sleeping bag if they wish.
Sheet set	1	1	1 single-sized fitted sheet if staying indoors, to cover up the mattress. 1 flat sheet for campers staying indoors or in tents
Sleeping pad or air mattress	1	1	<i>For campers staying in tents.</i> A thin blue foam mat, the blow up type used in a pool or a self-inflating mat like a therm-a-rest. Not the type that you might use as a guest bed. The mattress must not exceed 72 inches in length and 30 inches in width
<a href="#">Sit- a-pon</a> / <a href="#">stadium seat</a>	1	1	1 waterproof square to sit on at campfires Camp chair for MOM campers recommended
Mess kit (Adelaide, Woolsey and Wyoka)	1	1	Unbreakable dishes and cutlery, plate, bowl, mug, knife, fork, spoon, in a mesh bag. Please label clearly (not needed at Doe Lake)
Flashlight with extra	1-2	1	

Having difficulty reviewing information, or have more questions? Please contact our office at [camping@guidesontario.org](mailto:camping@guidesontario.org) or by phone at 1-877-323-4545 ext. 2461 during typical business hours.

batteries			
Day pack	1	1	Small knapsack for daily use to carry water bottle, spare clothes, sun screen etc., to program sessions
Water bottle	1	1	Reusable – Please label clearly
<b>Personal Items</b>			
Toiletry Kit	1	1	Toothbrush, tooth paste etc. Please note that showers are extremely limited at all of our camps and shampoo and body wash will be provided by the camp for shower time
Feminine Hygiene supplies	1		Enough for a week, just in case- nothing flushable please, our camps are on septic systems that cannot handle these products
Hand towel	1	1	
Bathing suits	1-2	1-2	One piece or tankini type suits are best please
Beach towels	1-2	1-2	
Face cloth	1	1	
Sunscreen	1	1	SPF 15 or higher (aerosol not recommended)
Insect repellent	1		non-aerosol only
<b>Optional Items</b>			
Camera with film or digital camera	1	-	Please label clearly (don't forget to bring a charger!) please send in a Ziploc or waterproof case
Sarong	1	-	Handy for wearing to the waterfront
Fanny pack for asthma inhalers or EpiPens	1	1	
Small stuffed animal	-	1	Don't send your favourite though...just in case
Bug net hat or bug shirt	1	1	A good alternative to bug repellent
Book to read or activity books for daily quiet time	1	1	Good for quiet and rest time
Banquet outfit	1	1	On the last night of camp, campers will have a final banquet to celebrate their time at camp. Campers can dress for the banquet any way they like, whether that be wearing something that matches the theme or wearing a special outfit. It's completely up to your interpretation and dressing up for the banquet is optional.

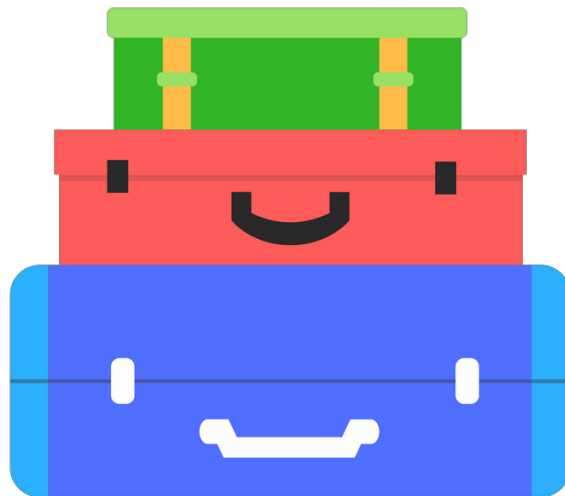
## What not to bring:

Please DO NOT send to camp

Money	There is nothing for campers to purchase while at camp
Food, snacks, treats etc.	Unless it is to supplement a special diet and has been discussed with the Wellness Team in advance. We reserve the right to withhold any food sent to camp until a camper's departure
Care packages	Your camper will be well fed, cared for and entertained while at camp
Knives	Except cutlery. Pathfinders and Rangers may carry a small pocket knife for camp crafts or on canoe trip
Flammable products	Matches, lighters, butane etc. camp will provide what is needed
Cigarettes or other smoking devices	Smoking, or paraphernalia
Alcohol	No alcohol is allowed on camp property during summer camp
Non-prescribed drugs	Illegal or legal and not yours

Having difficulty reviewing information, or have more questions? Please contact our office at [camping@guidesontario.org](mailto:camping@guidesontario.org) or by phone at 1-877-323-4545 ext. 2461 during typical business hours.

Squirt guns, super soakers	We have other ways of having fun with water!
Products for pranks	Pranks are not a part of our camp culture as they promote targeted bullying
Electronic equipment	MP3 players, tablet computers, boom boxes, clock radios, CD players
Heavily scented items	Such as, but not limited to, spray colognes and body deodorants
Makeup	
Hair appliances	Blow dryers, hair straighteners, curling irons
Valuables	Clothing, jewelry, etc.
Inappropriate Clothing	Overly revealing or with slogans or offensive comments - we reserve the right to define "inappropriate"
Cell phones *	Campers are not to be communicating with the outside world, their focus is to live in the moment! Cellular phones are not permitted at camp for any camper with the exception of campers in our Leadership Development Programs Level 3 or 4, who have limited access to use their own cell phone during rest hour (at other times, their phones will be kept locked away).



HAPPY PACKING!

Having difficulty reviewing information, or have more questions? Please contact our office at [camping@guidesontario.org](mailto:camping@guidesontario.org) or by phone at 1-877-323-4545 ext. 2461 during typical business hours.