



# Camp YMCA Kanawana | Packing Guide

## Clothing (suggested quantities, 12-day session)

- 12 pairs of underwear/boxers
- 14 pairs of socks (incl. 1-2 warm pairs)
- Bras, if needed
- 12 T-shirts/tank tops
- 3 long-sleeved T-shirts
- 2 warm sweatshirts
- 5 pairs of shorts
- 3 pairs of long pants
- 1 wool/fleece top
- 2-3 pairs of pyjamas
- 2-3 bathing suits
- 1-2 hats (with a brim, recommended)
- 1 pair sport/running shoes
- 1 other pair running shoes
- 1 pair sandals/water shoes
- 1 pair rubber boots
- 1 waterproof raincoat with hood (not a flimsy poncho)
- 1 pair splash pants (opt.)
- 1 "nice" outfit for the dance
- Red and green clothing (for L&V games; 3 days of 4<sup>th</sup> Session)
- Sam Jam t-shirts or tanks (if you have them from previous years; recent models will be available for purchase at the tuck shop!)

## Bedding/Linens (suggested quantities)

- 1 pillow & pillowcase
- 1 sleeping bag (mandatory\*)
- 1 warm blanket/comforter
- 1 sheet set
- 2-3 beach towels
- 1 facecloth/face towel

\*sleeping bags are required for going on Overnight (one-night camp-out). 6-day campers will not have an overnight.

## Toiletries

- Toothbrush
- Toothpaste
- Soap (biodegradable)
- Shampoo/conditioner (biodegradable)
- Sunscreen (SPF 30+)
- Insect repellent (non-toxic)
- Deodorant
- Sanitary supplies
- Comb/hairbrush/elastics

### CAMPERS ARRIVING BY PLANE

We understand you may not be able to fit larger items into your bags. Please let us know if you need us to provide your camper with a sleeping bag, pillow, towels, etc.

## Other Suggestions

- Flashlight/batteries (headlamps are great!)
- Small backpack
- Sunglasses
- Musical instruments
- Costumes for programs
- Stuffed animal
- Books/games
- Lifejacket (if you prefer your own)
- Plastic bags (for packing wet things on the last day)
- Paper & stamped envelopes
- Disposable camera (or digital with batteries – not something that needs to be plugged in to charge)

### GENERAL NOTES

- PLEASE LABEL ALL ITEMS
- All campers will be provided with a water bottle on their first day, and will leave with a camp T-shirt from this season
- Don't forget your child's Medicare card & any necessary medications
- Please do NOT bring electronics, snacks, or cigarettes/alcohol
- Laundry service is provided on an emergency basis