# Elder/youth Land Camp

## Packing Checklist - What to bring to camp

### Camping Gear
- [ ] sleeping bag
- [ ] sleeping pad
- [ ] pillow/headrest
- [ ] mattress (optional, must supply own pump)
- [ ] mug, bowl and cutlery

### Clothing (for 10 days)
- [ ] comfortable, loose fitting clothing for all weather
- [ ] underwear and socks
- [ ] undershirts/t-shirts
- [ ] hoodies or long-sleeved sweaters
- [ ] pants/jogging pants
- [ ] warm pajamas
- [ ] long underwear (top and bottom)
- [ ] wind/rain jacket and pants
- [ ] warm jacket
- [ ] sun hat/warm hat (toque)
- [ ] light gloves/mitts
- [ ] weather appropriate footwear (at least 2 pairs) e.g. rubber boots, hiking boots, running shoes
- [ ] survival suit (insulated, full body floatation suit for boat travel)

### Personal Items
- [ ] toiletries (towel, facecloth, comb, deodorant, toothbrush, toothpaste, sanitary napkins)
- [ ] minor first aid items (bandages, ointments for cuts and scrapes, sunburn lotion, afterbite/calamine lotion)
- [ ] personal medications (please notify the camp coordinator of any medical conditions)
- [ ] sunscreen
- [ ] cards, games, books, frisbee, etc.
- [ ] notebook
- [ ] GPS
- [ ] camera
- [ ] fishing gear
- [ ] whistle
- [ ] junk food will not be provided (you can bring your own)
- [ ] NO ipods
- [ ] NO alcohol or illegal substances

### Forms
- [ ] completed and signed camp waiver form (including the signature of your parent/guardian if you are under 19)
- [ ] completed and signed informed consent form (including the signature of your parent/guardian if you are under 19)