

## Packing List

If you're reading this, it means you're getting ready to pack your bags and head to Camp Kahquah for an AWESOME week! Read this list carefully as your camper will need all of these items for their week at camp. Please ensure that everything is well marked with your camper's name.

- Several sets of loose clothing that can be layered  
Don't pack anything that you don't want stained or dirty. Laundry service is not provided. Please ensure that the design of all clothing is modest.
- Warm clothing for the evening
- Water repellent jacket
- An extra pair of shoes  
One pair should be running shoes. Slip-ons are not permitted on the ropes course.
- Plastic bag to store wet or dirty clothes in for the trip home
- Sleeping bag & pillow – some campers bring a sheet for hot nights
- Pyjamas
- Swimsuit  
Please keep swimwear modest out of respect for the personal and cultural values of other campers.
- Towels – 1 beach towel and 1 shower towel
- Toiletries – including soap, shampoo, comb, toothbrush, toothpaste, deodorant, etc.
- Water bottle labelled with your camper's name
- Mosquito repellent
- Sunscreen and hat
- Bible – if you have one
- Journal (optional)
- Flashlight (optional)
- Money for Tuck Shop – if you haven't prepaid upon registration
- Prescription medication (labelled in its original container)  
Please send medication in its original pharmacy-marked bottle with correct dosages and doctor's name included. Extra meds can be left at home if you don't want to send the entire prescription but please send the original bottle. We will have a healthcare professional onsite to administer all medication.
- Costumes or props for lunch dress-up according to the week's theme

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### **What Not to Pack**

- Cell phones
- Cigarettes/alcohol/non-prescription drugs
- Pocket knives or other potentially, or perceived to be, dangerous objects or weapons (including toy guns or weapons)
- Gaming devices and iPods

We understand that the impact of technology has become more and more and pervasive and prevalent with our children and youth. However, we respectfully ask that electronic devices (e.g., mobile phones, gaming devices, laptops, tablets, etc.) be left at home for the following reasons:

1. Campers will better engage with camp activities.
2. There is less risk of damage to the device(s).
3. There are fewer privacy risks for other campers.

