



Trip Packing List



All gear required for safety or articles that are essential to the trip (i.e. boats, packs, canoes, PFDs) will be provided by Cairn. The personal clothing and equipment campers bring trip can dramatically affect their comfort and enjoyment of their experience. Please help your camper select appropriate gear.

Must Haves

- underwear and warm socks for each day
- shorts (1-2 pairs)
- pants (1 pair quick-dry or lightweight - please no jeans)
- t-shirts (2)
- long-sleeve shirts (1)
- sweatshirt/fleece (1)
- swim suit and towel
- hat with a brim
- warm hat/toque
- pajamas
- sleeping bag (ideally one that can pack down small)
- waterproof rain jacket
- wet shoes (for white water trips, wet **shoes** are required, not sandals - your feet must be protected)
- sturdy close-toed shoes for around site
- medication (if required)

Toiletries and Other Supplies

- toothbrush and toothbrush case/holder
- toothpaste
- shampoo, conditioner, soap - campers shower when they return to camp on the last day of trip
- bath towel and washcloth
- hairbrush or comb
- Feminine Hygiene Products (FHPs)
- water bottle
- sunscreen (SPF 30 or higher)
- insect repellent
- flashlight

Nice to Have

*remember that they may get wet

- bug jacket
 - cuddly toy
 - pen/pencil/colouring supplies
 - stationary for writing letters, drawing, etc.
 - waterproof camera
 - deck of cards or a small game
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What do I leave at home?

Electronic or battery-operated devices: This includes cell phones, iPods, iPads, computer games, CDs, laptops, stereos, gaming devices, etc. We promote camp as a place to unplug and fully embrace the natural world around us.

Food: Animals are attracted by food and can be both dangerous and destructive. Any food brought to camp will be kept in the kitchen and returned to the camper upon departure.

Expensive Jewelry: At camp, things get dirty and are easily lost. Please keep valuables at home.

Tank tops: Campers spend the majority of their days outside in the hot sun. It is imperative that they bring and wear clothing that covers their head and shoulders.

Money: The Tuck Shop will be open on opening and closing days to purchase souvenirs; there is no need to have money during the session.

Cairn Family of Camps cannot be held responsible for lost, stolen, or damaged items.