



2016 CAMP SUMMIT OUTDOOR EDUCATION CLOTHING & EQUIPMENT LIST

MUST HAVE'S FOR MAKING YOUR CHILDS STAY COMFORTABLE

- **Rain Jacket** - students do activities rain or shine so having a good rain jacket that they can wear is a must! Cotton hoodies and soft shell jackets do not count.
- **Clothing that can get dirty** - Do not send anything to camp that you are not willing to risk getting stained and/or losing.
- **Variety of clothing** - layers so that they can keep warm in event of inclement weather.
- **Good sleeping bag** - A synthetic or down 'mummy style' sleeping bag with a hood rated to -10 degrees is best. Make sure that the sleeping bag has a 'stuff' sack to keep it in.
- **Running Shoes** - Good running shoes that they would use in gym class are needed for all activities. Skate shoes and shoes with limited tread are not excepted foot wear.

****It is highly recommended that your child bring clothing appropriate for outdoor activities, however, it is not necessary to buy expensive high-tech gear at outdoor shops. Below are some tips to help make packing for an Outdoor Education program easier.***

CLOTHING/EQUIPMENT		Check
1	Pair of Hiking Boots OR a pair of sturdy, well fitted, lace up running shoes - preferably over the ankle so they provide good support – they should be comfortable and suitable for high energy activities such as hiking, etc	
1	Spare pair of Running Shoes	
1	Waterproof Rain Coat and Rain Pants, <i>one of each that can be worn all day & stay dry; we run all activities in the rain</i>	
3	T-Shirts	
2	Long Sleeve tops - at least one should be a polyester blend material if possible	
1	Pair of Quick Dry Pants - track pants, lulu lemon style stretch pants or something similar are fine – something with a polyester blend is best as it dries quickly and is better for wet weather	
2	Long Pants - sweatpants etc. <i>cotton is not recommended</i>	
1	Polar Fleece Jacket or Sweater – this should be a warm layer for cooler weather and nights	
1	Casual Sweaters or Sweatshirts	
1-2	Shorts - at lease one 'quick dry' pair incase they get wet. Shorts should be an appropriate length. No short shorts	
1	Pair of Pajamas	
4	Pairs of Socks - at least one or two pairs of wool or synthetic socks are recommended as they dry much faster	
4	Pairs of Underwear - 1 per day	
1	Sun Hat / Ball Cap - a must!	
1	1 Litre Water Bottle	
1	Sleeping Bag – a "mummy style bag"	
1	Flashlight or head light with a spare set of batteries	
1	Towel	
1	1 School Size backpack—for day excursions at camp being able to fit water bottle, sweater and rain jacket	
1	Toiletry Kit - toothbrush, toothpaste, shampoo, soap etc.	
1	Bottle of Sunscreen – must be waterproof and SPF 30 at a minimum	
OPTIONAL ITEMS: the following items can enhance your child's experience at Camp but are not mandatory.		
1	Camera (a good idea!) Note that cell phones are not cameras.	
1	Pillow	
1	Books/Magazines/Journal	
1	Pair of Flip Flops (great for walking to the bathroom in the evenings!)	
1	Insect Repellent – non aerosol	
1	Bike Gloves or helmet for mountain biking (Camp Summit supplies them, but it's always nice to have your own, if you have them!)	
\$20 if your child would like to buy a Camp Summit souvenir. We sell T-Shirts, Hats, Toques, & more!		

- To prevent loss, make sure that **EVERY** article is clearly marked with your child's name using a name tag or laundry pen. Have your child assist with packing so they will be familiar with items. Camp Summit collects any items found during the season and puts them into Lost and Found which is shown to students on their final day. Any articles that are unclaimed are kept in storage and then they are donated to charity. We do our best to ensure that your child returns home with all of their belongings – please give us a call or email if they seem to have forgotten something.