

2016 Kortright Summer Nature Day Camp

We are an outdoors based camp and will spend a good portion of the day outdoors. Clothing must be practical and comfortable. Please bring clothing and footwear that can get dirty. Make sure all personal belongings fit into one bag. Please carefully check the list below on what to bring to camp.

Every day ensure your child has:

- ✓ Sunscreen SPF 30 or higher (please apply sunscreen on your child before coming to camp as well as packing it for them to use during the day)
- ✓ Wide brimmed hat
- ✓ Reusable water bottle filled with water
- ✓ Backpack
- ✓ Closed toed, flat soled shoes (such as running shoes)
- ✓ Lunch *Due to allergies of some campers, please only pack nut free lunch and snack items. (A lunch is not required on Wednesday cookout lunch days, but you may provide snacks that day)

Please clearly label all your child's belongings with their name.

The first day of camp, you are welcome to pack the following in a separate bag and have your child leave these items at camp for the week. If your child does not leave these items at camp, ensure they bring them every day instead:

- ✓ Long pants and a sweater
- ✓ An extra set of clothes: shirt, socks, shorts, underwear
- ✓ Rain Gear: Rain jacket, rubber boots

Each week your child will go on a "river walk". Your child's counsellor will let you know which day it will be. On the river walk day your child should also bring:

- ✓ An extra set of clothes: shirt, socks, shorts, underwear
- ✓ Closed toed, flat soled shoes that can get wet (such as an old pair of running shoes or rubber boots) these are in addition to their normal shoes for the day
- ✓ On the day of the river walk, have your child wear shorts or pants that can be rolled up

Optional items to pack:

- ✓ Sunglasses
- ✓ Inexpensive camera

****Additional Items for Leadership in Training Camp only on reverse****

Please pack the following in as small a bag as possible:

- ✓ Toothbrush, tooth paste, face cloth and other toiletries (note: there are no showers)
- ✓ Flashlight
- ✓ Sleeping Bag
- ✓ Sleeping pad
- ✓ Pajamas
- ✓ Long pants, warm sweater or jacket, warm hat
- ✓ Extra change of clothes for next day (socks, underwear, shorts, shirt)

Optional:

- ✓ Pillow and pillow case (or just a pillow case to stuff with extra clothes for use as a pillow)
- ✓ Insect repellent (non-aerosol, no disposable wipes)

Please do not bring:

- ✓ Cell phones (your leaders will have cell phones in case of emergency)
- ✓ iPod, video games or other electronic devices
- ✓ Money
- ✓ Any kind of aerosol sprays
- ✓ Knives or hand axes