



South Coast BC

# Camp Potlatch

# 2026

## Summer Camp Parent Handbook



City Office

7595 Victoria Drive  
Vancouver, BC  
V5P 3Z6

604-324-CAMP

Onsite Office:

604-290-CAMP



## Camper Forms

All camper forms can be completed through our online registration portal. Please contact the registrar's office if you have trouble accessing the forms or the registration portal: <https://bgcbc.campbrainregistration.com/>

Refer to the checklist below for all forms required prior to the beginning of camp:

- Medical Form:** This form is used to collect detailed health, medical, dietary, and behaviour management information, so we can ensure that your camper has a safe and successful time at camp this summer.
- Transportation Form:** Choose either to meet the boat at the dock (Harbour Cruises, Denman St Vancouver ), or drop off and pick up your camper at our Vancouver, Burnaby, or Surrey BGC locations.
- Consent Form:** All overnight camping programs have a certain amount of risk involved to each participant. Please take some time to carefully read through and sign to acknowledge that you understand these risks.
- Behaviour Contract:** Every Potlatch camper is expected to fully participate in our programs and to abide by certain rules. Please ensure you read and sign this document with your camper so he/she has a clear understanding of these expectations.

All forms are due 1 month after registration and can also be found online at [www.camppotlatch.com](http://www.camppotlatch.com).

If registering within 1 month of session start date, forms are due immediately upon registration.

## Final Registration Steps

All outstanding camp fees are due **one month prior to the first day of your camper's session**. Failure to complete payment by this time may jeopardize your camper's registration. If you are unable to complete your payments as planned, please contact the registrar's office to renegotiate your fees or come up with a new payment plan.

Please make cheques payable to **BGC South Coast BC** and mail to:

**Camp Potlatch  
7595 Victoria Drive  
Vancouver, BC V5P 3Z6**

Post-dated credit card payments, cheques and e-transfers are acceptable, dated for the 1<sup>st</sup> and/or 15<sup>th</sup> of each month. This method of payment must be approved by the Camp Registrar, and should be submitted along with the registration form.

E-transfer email: [potlatchpayments@bgcbc.ca](mailto:potlatchpayments@bgcbc.ca)  
Please include camper name and session in notes.

Payments (credit card) can also be completed online at:  
<https://bgcbc.campbrainregistration.com/>

Camp Potlatch Login

Username: \_\_\_\_\_

Password: \_\_\_\_\_

***If you need to cancel your camper's registration, advance notice is required to provide the following refunds:***

**100% refund = 4 weeks prior**

**50% refund = 2 weeks prior**

\*If your camper is sick, please call the office to discuss options.



## Keeping Your Camper Happy & Healthy at Camp

### Medications

If your camper requires any medication during their camp stay, please hand it directly to a Potlatch staff member at your camper's drop-off location. All medication must be in its original packaging with the camper's name, medication, and dosage clearly marked. Camp Potlatch employs a Registered Nurse or a First Aid Attendant in each session to administer medications and ensure camper wellness. A call home will be made if there is concern or questions regarding medication, dosages, etc.

Parents of campers carrying Epinephrine, an EpiPen, or an inhaler for asthma are asked to ensure that this information is brought to the attention of the staff and that the camp is provided with medical directives and consent concerning their use (e.g., on the Medical Form).

### Head Lice Policy

All campers will be checked for head lice upon arrival at a drop-off location. This is a standard health procedure to prevent and control the spread of lice to other participants. In the event we discover lice or nits, **the camper will be sent home**. It is the parent/guardian's responsibility to treat the camper & their luggage/sleeping bag and subsequently arrange alternative transportation to camp with the Camp Coordinator.

We encourage all families to check their camper for lice and nits a week prior to camp, especially if a camper has recently been exposed to lice. For more information about head lice and how to complete a thorough head check, check out this great resource: [greatervancouverliceclinic.ca/how-to-check-for-head-lice](http://greatervancouverliceclinic.ca/how-to-check-for-head-lice).

### Dietary Restrictions

We can accommodate the following dietary restrictions at Camp Potlatch: *Lactose Intolerance, Vegetarian, Gluten-Free, No Red Meat, and No Pork Diets*. We may be able to accommodate additional special diets with prior consultation, please contact the Camp Potlatch Office for more information.

Camp Potlatch offers a **nut aware facility**. While we do not serve nut products when there is a participant with a nut allergy on site, we are unable to guarantee that your camper will not come in contact with nut products during their stay at camp.

***Please do not send food with your camper to camp.***

***Any food sent to camp poses a risk to campers with allergies and will attract unwanted pests into cabins/tents.***

***All food items will be taken by staff and returned to campers on departure day.***



## Supporting Camper Behaviours

At Camp Potlatch, we strive to create happy, safe, and successful camp experiences for each and every child. Even for our returning campers, each year at Potlatch represents a clean slate and an opportunity to meet new people, make friends, and build new skills. For some campers, adjusting to camp life happens effortlessly. For others, it can be tricky. We understand that every child is unique and that there are a variety of circumstances to consider before each child can have a successful experience.

You are an expert in your own child's behaviours and coping strategies. Any insight that you can provide will not only create continuity for your camper, but will also ensure that your camper's experience is the best it can be. Please reach out to our Summer Camp Coordinator ([summer@bgcbc.ca](mailto:summer@bgcbc.ca)) to discuss how to best support your camper. Together you'll create a plan for success prior to camp.



## Emergency Procedures

If there is an emergency at camp involving your camper, we will immediately contact you using the following procedure:

1. The person listed as Parent A on the Registration Form at home, then at work, and then at other numbers provided.
2. The person listed as Parent B on the Registration Form.
3. The emergency contact person listed on the Registration Form.

If we cannot contact you at any of the above numbers we will continue to try to contact you, however the Camp Director may be required to make a decision on behalf of your camper's best interest.

It is extremely important that you fill out and send in all camp forms prior to camp. It is also important that you make your wishes known to anyone who may make a decision about your camper on your behalf.

## Preparing Your Camper for Camp

### First Time Campers

If this is your camper's first time to an overnight camp they might be experiencing a little anxiety about spending a week away from home. The Potlatch Team has put our heads together to come up with a few key suggestions to help prepare your camper for their first summer with us at Camp Potlatch:

- Try not to talk too much about the time away from you. A big part of camp is learning life skills, problem solving, learning to cope with upset feelings, but most of all having a blast! Be positive and talk about the many great opportunities your camper will have at camp.
- Check out our Camp Potlatch website to look at some of the pictures of camp.
- Reassure your camper that they do not need to know everything before coming to camp. Let them know that everybody will be learning new things and it is a great opportunity to try something they have never tried before.
- Your camper might be nervous or hesitant due to concerns over showering or using the washrooms at camp. You can reassure them that we have flushing toilets, hot water and the washrooms are very close to the cabins. Make sure to bring a bathing suit for the shower house.
- Encourage your camper to make new friends and approach a camp staff member if they feel upset or uncomfortable.



Bathroom & shower facilities



## Homesickness: for parents and campers

Your camper might miss home while at camp this summer- and you might miss your camper! These are normal and natural feelings. Please discuss this with your camper and let them know that everyone misses home sometimes. Camp is a great place to build independence for campers and it's important your camper understands you believe they are capable of having a fun and successful week away from home.

Feelings of homesickness arise most often at bedtime, when the busy day is winding down. Encourage your camper to talk to their cabin leader or a staff member when they are feeling homesick- our staff are trained to support and help ease your camper's mind during these times.

It has been our experience that homesickness can be mild or severe, and can produce stomach aches, headaches, or even anxiety. Our staff are trained to identify the early signs of homesickness and to help campers to feel comfortable at camp. While most instances of homesickness disappear as campers adjust to their new surroundings and become accustomed to camp routines, sometimes feelings of homesickness continue to escalate. *If your camper's homesickness is severe or continues beyond 24 hours, you will be contacted in the hopes that we can work together to support your camper to have a fun camp experience.*

Please make sure you do **not** tell your camper that they will be able to phone home from camp or return home if they do not like it. This undermines our efforts to engage your camper in all that camp has to offer and we find that speaking to parents/guardians can often intensify feelings of missing home.

Instead, talk with your camper before camp and encourage them to try the experience this year and if they don't enjoy it, they do not have to return next year. Encourage them also to participate, try new things and have fun while they are at camp.

If you would like an update on your camper's progress, please contact the camp site at 604-290-2267 and a staff member from camp will return your call. *Please be assured that we will be in contact if there are any challenges with or concerns about your camper.*



## Camper Responsibilities

### Community Living

As a member of a cabin group, each camper is expected to keep their belongings tidy and to share in the responsibilities of keeping the cabin clean. Campers also assist with table setting and clearing during meals, and even help with cleaning dishes on out-trips! Please help us to reinforce the value of these duties and the importance of taking a willing and cheerful attitude towards them.

### Healthy Behaviour at Camp

- Shower with soap and shampoo at least two times per week.
- Follow sun safety rules: wear a hat and sunscreen, and drink lots of water.
- Brush your teeth at least twice per day.
- Change your clothing as cleanliness and weather change.
- Please let your cabin leader know if you are having health-related problems as soon as possible.



## Behaviour Expectations

Please read over and check off these basic rules with your camper before the start of camp:

- Please use appropriate language. There should be no fighting, swearing, put-downs, name calling, or cliques at camp.
- It is okay to be angry, but it is not okay to hit or hurt anything or anyone at camp.
- If you are angry or upset, talk to a cabin leader or camp staff for help.
- Listen to safety instructions, boundaries, and other rules set at camp.
- Show respect to other campers, staff, the environment, and Camp Potlatch.
- We will not allow destructive or hurtful pranks.
- You may not enter any other cabins except your own.
- Be kind and inclusive to your cabin mates and all other campers.

On the rare occasion that campers choose to consistently break these rules or to display behaviours that put themselves or other participants in danger, they may be asked to leave camp prior to the end of the session. We make every effort to contact families to discuss problems prior to having to make any decision about sending a camper home early, but in some cases we may not be able to reach a family prior to making a decision. No refund will be given to campers leaving camp before the end of the session.

## Camp Potlatch Programs

Camp Potlatch offers a wide range of programs designed to meet the needs and abilities of a variety of campers. As a cabin group, campers take part in pre-scheduled activities throughout the day. Free time blocks occur twice daily to allow campers to choose their own adventure. There are also opportunities to mix and mingle with the entire Potlatch community during camp-wide activities. Some situations such as camper age, group interest and ability, weather conditions, and time constraints may prevent your camper's participation in every camp activity.

## Badge Program

The Badge Program was first started in the 1940s for the purpose of helping campers develop sufficient skills to safely venture off site and to assist in developing their appreciation for nature.

Today, while the focus is much the same, the program also concentrates on promoting campers' self-worth and providing opportunities for them to achieve success.

When your camper comes to camp they can work towards new badges and levels within the program each year. Year after year campers return to Potlatch earning new badges and learning new skills.

The badge program recognizes campers who try new activities and display skill improvement. This program aligns with the physical and developmental stages of our campers. Badges are presented to campers at our Closing Campfire on the last evening of every session. Each camper will earn at least one badge while at camp this summer.



## Out-Trips

All campers take part in a fun-filled 24-hour camping trip during their camp adventure. Younger campers hike to a site closer to main camp, while older campers embark on either a water-based camping trip or a land-based hiking trip. These trips depend on the overall skills of each cabin group, which are assessed prior to the out-trip.

Rain or shine, our campers still take part in this wonderful experience – as long as it is safe to do so (i.e., we wouldn't send campers out in a thunderstorm, or to water locations in high winds). It is important to make sure that your camper has the basic gear to stay warm, dry, and happy regardless of the weather. Each camper is encouraged to bring a waterproof rain jacket, pants, and/or poncho. Consider also packing a garbage bag to line the inside of your camper's backpack for extra waterproofing.

Each camper is responsible for "sharing the load" during the out-trip. This includes carrying their own sleeping bag, extra clothes, and toiletries to the overnight site as well as some group gear (i.e., food, utensils, pots, rope, etc.). As a cabin group, campers help prepare meals, set up the camp site, and even wash dishes! The out-trip is often a highlight of a camper's overall Potlatch experience. It provides the opportunity for cabin groups to work together toward a shared goal, further build as a team, and overcome challenges as a group.



### What does my camper bring on the overnight out-trip?

- Backpack big enough to hold:
- Sleeping bag
- Hat with brim
- Pajamas
- 1 pair of socks & underwear
- Warm sweater
- Toothbrush & toothpaste
- Sunscreen & insect repellent
- Water bottle
- Garbage bag to help waterproof the inside of the backpack

An out trip is most successful when campers have the necessary gear to stay warm, dry, and sun safe during. Please make sure your camper has runners or hiking shoes, sandals or water shoes, a hat, water bottle and sunscreen that they can wear while hiking or paddling. A large backpack is also essential so they can comfortably carry all their needed items.



## Communicating with Your Camper

We know that a week away from home can be a new experience for both Campers and Parents/Guardians. While it can be outside of everyone's comfort zone, it's an excellent chance for everyone to build some independence. If your camper is experiencing any difficulties during their stay at Camp, you can be assured that we will contact you. If you don't hear from us- your Camper is busy having fun and will have some great stories to tell you when they get home!

### Phone

While campers are unable to use the camp phone during their stay, feel free to give us a call at 604-290-2267 for an update on your camper. Camp is a busy place and we sometimes aren't in the office when parents call. Please leave a message with your name and phone number and we will return your call shortly. You can also relay messages to camp by calling our Camp Potlatch city office at 604-324-2267 (between 9:30 am and 4:00 pm on weekdays).

### Email

Email messages to your camper through our Summer Coordinator at [summer@bgcbc.ca](mailto:summer@bgcbc.ca). We will print out the message and deliver it to them to your camper. In the subject line please include the camper's name and the session number in bold.

### Letters

If you'd rather write a handwritten letter for your camper, you can deliver them to any Camp staff at your drop off location. They will safely bring the letter to camp and we can distribute it to your camper part way through their stay. Please do not mail letters to camp- due to our remote location, they often do not arrive in time for campers to receive.

**Visiting Camp:** Unfortunately, due to Camp Potlatch being accessible by boat only, we are unable to invite parents to visit the camp while it is in session. This also allows all campers to have an uninterrupted summer camp experience.

## Promotional Pictures

Every summer many pictures and video clips are taken at Potlatch. These photos are often used in promotional pieces such as our camp brochure, website, PowerPoint school presentations, and other such media. If you do not want your camper to appear in any pictures/videos, please indicate this to us in writing prior to your camper's first day of camp (i.e., on the Acknowledgement of Risks & Consent Form).



## Packing for Camp

### Tips & Tricks

Please review the enclosed “Packing List” (pages 14-15) to assist you and your camper in packing for their summer camp adventure. Ensuring that all of the necessary clothing and equipment arrives at camp with your camper is essential for them to have an enjoyable camping experience

- **LABEL EVERYTHING!** We recommend iron-on or sewn-on labels for clothing, and magic marker for other things. Include your camper’s first and last name. Note: Mabel’s Labels provides durable personalized labels perfect for camp. A portion of your purchase will come back to BGC to help support more children experience Potlatch. Check them out at [camps.mabelslabels.com](https://camps.mabelslabels.com) and select “Camp Potlatch” from the drop-down tab.
- Make sure all bags your camper brings to camp are clearly marked with their name so they can’t be mistaken for someone else’s luggage.
- Avoid using garbage bags, as they easily tear and cause items to fall out. Also, since all garbage bags look the same, someone may go home with the wrong bag.
- Pack with your camper. Campers have a much easier time finding things in their bag when you pack it together.
- Send a laundry bag. This will help your camper keep the dirty clothes separate from the clean ones.
- Send toiletries in a toiletry bag that can be easily carried from the cabin to the shower house.
- Pack a small day pack with books and activities for transportation day.
- Send old clothes- camp clothes tend to get super dirty, or may be lost or damaged.
- Your camper is responsible for carrying their own bags and equipment. It is important they do not bring more than they can carry.
- Laundry is only available for hygiene purposes.

### Lost & Found Procedures

Camp Potlatch makes every effort to return “lost & found” items to their rightful owner before each camper departs site. Items that are not reclaimed at camp will be sent back to the Camp Office (7595 Victoria Drive) and held for a month after the last session of camp. After this time, lost and found items will be donated to charity. If you are searching for lost items please call our city office at 604-324-2267 to arrange to pick them up.

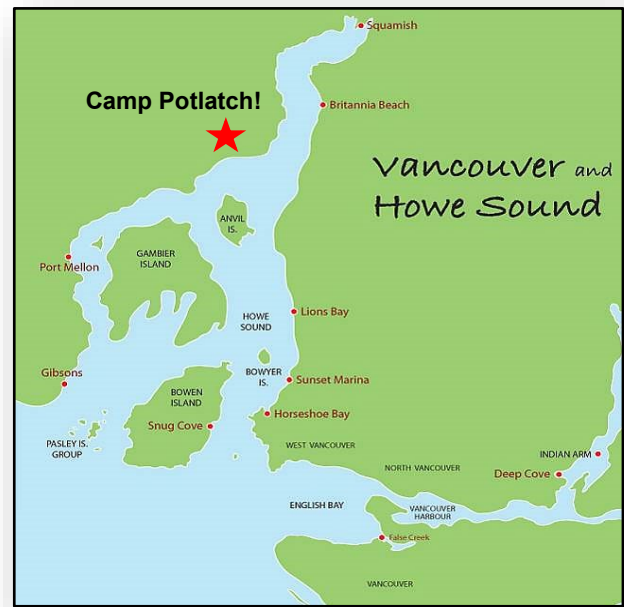


## Transportation

Camp is located on the northern part of Howe Sound and is only accessible by boat. For over 80 years, campers (up to 1,000 or more each summer) have arrived via boat on the shores of Camp Potlatch. Trips to and from Camp Potlatch will be chartered by **Harbour Cruises**. Harbour Cruises operates out of Downtown Vancouver on **Denman St.**, and has several large boats able to accommodate hundreds of passengers per vessel. Check out their website at [www.harbourcruises.com](http://www.harbourcruises.com). Campers and staff will be traveling to camp on the "Britannia".

For returning campers, this is the same as 2025, but please be aware that this is a different drop off location than in 2024 & 2023.

Camp Potlatch has worked with Harbour Cruises for many summers, most recently in 2022. As in years past, we'll be continuing to provide parents with the option of dropping off and picking up directly at the the Boat, or at our BGC Club locations. We encourage you to consider possible traffic delays when traveling to your chosen drop off location and to plan accordingly.



You have the choice of dropping off and picking up your camper from three different BGC Clubs across the Lower Mainland. Campers are bussed to the dock where they will board the boat and be shuttled directly to Camp Potlatch. The boat ride to camp takes approximately three hours, during which campers will have time to meet their cabin groups, staff members, and engage in fun get-to-know-you activities.

In the case that a pick-up/drop-off location does not receive enough registrations, the bus will not run. If your selected bus stop is canceled, our registration team will reach out 1 month in advance and you'll be able to select an alternative drop-off/pick-up location.

## Missing the Bus / Boat

Unfortunately, we cannot wait for participants who are running late (even by 5 minutes!). If you miss the bus or boat, please contact our Camp Office at **604-324-2267** to discuss alternative transportation options.

## Pick-up Information

Due to unforeseen circumstances (i.e., weather, traffic, construction), there may be times throughout the summer when the arrival times may be delayed. In the case that we arrive early, campers will be supervised by Camp Potlatch staff at the Club location. Every effort will be made on behalf of Camp Potlatch to contact parents and inform them if we will be late, however due to time restraints and volume of calls this may not always be possible. We appreciate your understanding and patience if this situation should arise.

**Campers will only be released at pick-up to the individuals identified on the Transportation Form with ID verification.**

**Please call the registrar office to make any changes to pick-up or drop-off details.**



## Start of Session – Going to Camp

### **Fraserview Club**

7595 Victoria Drive, Vancouver  
Bus Departure: **8:15 am**

### **North Burnaby Club**

518 S. Howard Avenue, Burnaby  
Bus Departure: **8:15 am**

### **Surrey Club**

Old Yale Road Elementary School 10135  
132 Street, Surrey  
Bus Departure: **7:45 am**

### **Boat Dock:**

#### **Harbour Cruises**

501 Denman St, Vancouver  
Boat Departure: **9:30am**

Please circle your camper's drop off and pick up times

**\*PLEASE ARRIVE 30 MINUTES PRIOR TO SCHEDULED DEPARTURE TIME**

## End of Camp – Returning from Camp

### Sessions ending on a Sunday

Main Camp Sessions: 1, 3, 5, 7  
Leadership Camp 2-1, LOT A

#### **Fraserview Club**

Pick-up at **4:15 pm**

#### **North Burnaby Club**

Pick-up at **4:15 pm**

#### **Surrey Club**

Pick-up at **4:45 pm**

#### **Boat Dock: Harbour Cruises**

Pick-up at **3:30 pm**

### Sessions ending on a Friday

Main Camp Sessions: 2, 4\*, 6  
Leadership Camp 1-1, 1-2\*, 1-3  
Leadership Camp 2-2, LOT B

#### **Fraserview Club**

Pick-up at **2:15 pm**

#### **North Burnaby Club**

Pick-up at **2:15 pm**

#### **Surrey Club**

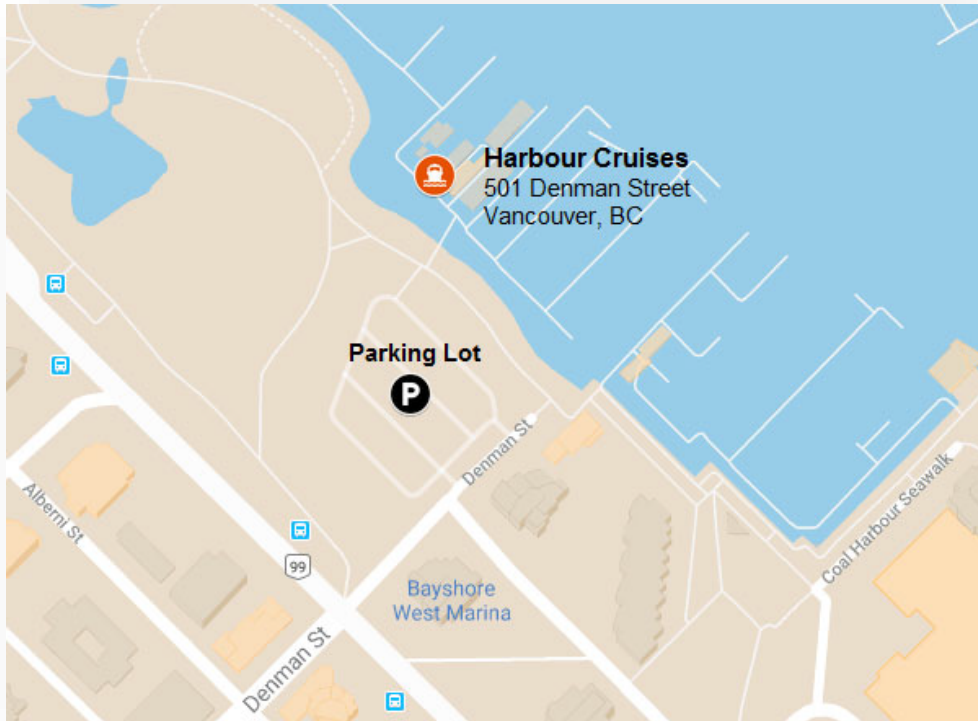
Pick-up at **2:45 pm**

#### **Boat Dock: Harbour Cruises**

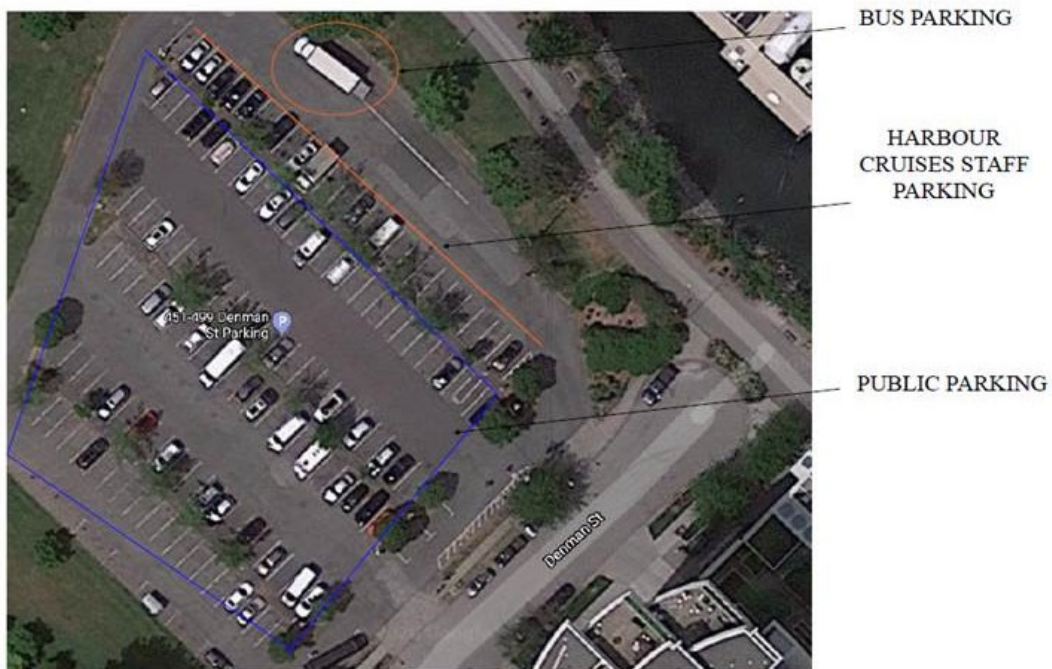
*\*except July 25* Pick-up at **1:30 pm**



## Parking at Harbour Cruises in Coal Harbour



Parking in Coal Harbour for departure and arrival at Harbour Cruises is located directly in front of the dock, at the foot of Denman Street. Please refer to the image below, which details designated public parking. Pay parking in affect and only major credit cards are accepted.



# Camp Schedule

\*Please highlight & mark in your calendar the drop-off and pick-up days of your camper's session.

Main Camp	Leadership Outtrip 1	Leadership Camp 1	Leadership Camp 2
Session 1: June 30 - July 5		LC1-1: June 30 - July 10 (Girls)	LC 2-1: June 30- July 19 (Coed)
Session 2: July 5 - 10			
Session 3: July 14 - 19		LC1-1: July 14 - 24 (Boys)	LC 2-1: July 19-August 7 (Coed)
Session 4: July 19 - 24			
Session 5: July 28 - Aug 2			
Session 6: August 2 - 7		LOT 1 A: August 11 - 16 (Girls)	LC1-3: July 28 - August 7 (Girls)
Session 7: August 11 - 16			
Session 8: August 16 - 21	LOT 1 B: August 16 - 21 (Boys)	LC1-4A (Boys): Aug 11-21 LC1-4B (Girls): Aug 11-21	

\*Pick-up & drop-off times vary session by session. Please see page 12 for details.



## Main Camp Packing List

Please **label everything** prior to arriving to camp, including your camper's luggage. We recommend iron-on or sewn-in labels for clothing and magic marker for everything else. Include your camper's first and last name. We recommend packing items in a large duffel bag or hiking pack. All campers are required carry their luggage to and from the cabin on arrival and departure days. Avoid packing your camper's belongings in garbage bags as they easily tear and cause items to fall out.

Camp clothes often get super dirty, and sometimes lost or damaged – we encourage campers to bring old clothes and recommend checking out second-hand stores to limit new purchases.

### Equipment:

- Backpack
- Sleeping bag
- Pillow
- Flashlight
- Extra batteries
- Sunglasses
- Insect repellent
- Water bottle
- Sunscreen (SPF 30+)
- Laundry bag

### Clothing:

- Sun Hat (hat with a brim- mandatory for waterfront & OT)
- Rain gear: raincoat, rain pants, rubber boots
- 5 t-shirts
- 2 pairs of pants
- 3 pairs of shorts
- 1 long-sleeved shirt
- At least 1 warm sweater
- Pajamas
- 6 pairs of underwear
- 6 pairs of socks
- 1 swimsuit
- 2 pairs of shoes (sneakers & sandals)

### Toiletries:

- Toothbrush & toothpaste
- Soap/bodywash
- 2 large towels (1 for shower, 1 for beach)
- Shampoo
- Comb/brush
- Feminine hygiene products
- Deodorant
- Lip balm

### Optional Items:

- 1 twin-sized fitted sheet
- Camera (digital or disposable)
- Journal/book
- Fishing gear
- Sturdy hiking boots
- Stuffed animal

### Please Leave at Home:

- Food
- Cell phones
- Knives or weapons
- Money
- Alcohol/drugs/cigarettes/vapes
- Electronic devices
- Fireworks
- Matches/lighters
- Perfumes or aerosol deodorants
- Items of personal or material value.

During their stay at Camp, every cabin will have a taste of a true camp out on a 24 hour out-trip. Destinations will be reached by land (hiking) or sea (canoeing). An out trip is most successful when campers have the necessary gear to stay warm, dry, and sun safe. A backpack is also essential so they can comfortably carry all their needed items.

### What does my camper bring on the overnight out-trip?

- Backpack big enough to hold:
- Sleeping bag
- Pajamas
- 1 pair of socks & underwear
- Warm sweater
- Toothbrush & toothpaste
- Sunscreen & insect repellent
- Water bottle
- Garbage bag to help waterproof the inside of the backpack



## Leadership Camp Packing List

Please **label everything** prior to arriving to camp, including your camper's luggage. We recommend iron-on or sewn-in labels for clothing and magic marker for everything else. Include your camper's first and last name. Leadership 2 camps are located an approximate 10-15 minute hike from Main Camp and campers are required carry their luggage to and from this locations on arrival and departure days. All Potlatch Leadership Camps include a significant out-trip component. It's for these reasons we strongly recommend campers pack items in a hiking pack.

Camp clothes often get super dirty – and sometimes lost or damaged. We encourage campers to bring old clothes and recommend checking out second-hand stores to limit new purchases.

### Recommended Gear While at Camp:

#### Equipment:

- Sleeping bag & pillow
- Sleeping pad/thermarest
- Water bottle (2L recommended)
- Flashlight & extra batteries (headlamp recommended)
- Sunglasses & sunscreen (SPF 30+)
- Laundry bag
- Backpack (day pack & hiking pack)
- Shampoo/conditioner
- Comb/brush
- Feminine hygiene products
- Deodorant
- Lip balm with SPF

#### Optional Items:

- Camera (digital or disposable)
- Journal/books/playing cards
- Fishing gear

#### Clothing:

- Sun Hat (hat with a brim- mandatory for waterfront & OT)
- Rain gear: raincoat, rain pants & rubber boots
- 8-10 T-shirts
- 2-3 pairs of pants
- 4-6 pairs of shorts
- 2-3 long-sleeved shirts
- 2-3 warm sweaters
- 2-3 pairs of pajamas
- Socks & underwear
- 2 swimsuits
- 1 pair of sturdy hiking boots with ankle support
- 1 pair of sneakers
- 1 pair of sandals or water shoes (with straps recommended)

#### Please Leave at Home:

- Food\*
- Cell phones
- Knives or weapons
- Money
- Alcohol/drugs/cigarettes/vapes
- Electronic devices
- Fireworks
- Matches/lighters
- Perfumes or aerosol deodorants
- Items of personal or material value

#### Toiletries:

- Toothbrush & toothpaste
- Soap/bodywash
- 2-3 large towels

*\*Please do not pack food or snacks of any kind. We are a nut-aware facility and any food sent to camp poses a risk to campers with allergies and will attract unwanted pests into cabins/tents.*

### Recommended Gear While on Out-Trip:

- 45-60 litre backpack
- 20-30 litre watertight dry bag big enough to hold sleeping bag
- Lightweight sleeping bag & stuff sack
- Moisture-wicking T-shirt that covers shoulders
- Quick-dry shorts
- Fleece/wool sweater & pants
- Crocs/sandals for night-time lounging
- Wool socks
- Long-johns & toque

