

DO NOT BRING ANYTHING EXTRA

Camp Outlook Summer Packing List

Night Clothes: (These items you wear at site. The rest of the time they stay in your driesack, to ensure you're warm, dry, and free of food smells at night) **THESE MUST STAY DRY**

- 2 pairs of warm socks (ideally wool)
- 3 pairs of underwear
 - 1 bra (if you wear one)
- Whatever you want to sleep in. Must be at least a tshirt+shorts. Could include tights, long-johns, a long sleeve shirt, or toque.

Day Clothes: (Consider these your wet clothes. This is what you put on every morning, even if they're still a little wet, and wear during the daytime/travel. These items do not go in your driesack.) **Be wearing these clothes when you meet us.**

- 1 Bathing suit
 - Optional underwear (x3) and sports bra (x1), if you prefer not to wear your swimsuit underneath your day clothes
- 1 pair of shorts if your bathing suit isn't already shorts (no jeans or cotton)
- 1 short sleeve shirt (no cotton)
- 1 loose long sleeve shirt (no cotton) **long loose clothing is far more effective*
- 1 loose pair of pants (no jeans or cotton) *than sunscreen and bug repellent*
- 1 pair of socks (wool is best)
- Hat with enough of a brim to cover your eyes from the sun
 - Sunglasses if you want them, but be aware that they will very likely get lost/broken

Camping Gear:

- Compressible sleeping bag
- Waterproof rain jacket, NOT a windbreaker or disposable poncho
- Durable 1 litre water bottle
- 1 warm sweater (Synthetic fuzzy fleece or wool is best)
- ★ **We are able to supply these things if you do not have them**

Shoes:

- Footwear for hiking/portaging (running or hiking shoes), these shoes will also get wet regularly when loading/unloading canoes. Must be closed-toed and sturdy.
- Shoes for site: sandals or crocs from dollarama works very well, no flip-flops though

Smelly Items: in separate ziplock bags

- Toothbrush, with toothpaste if you want it
- Sunscreen. Aerosol cans are not allowed in the park.
- Bug repellent. Aerosol cans are not allowed. We find creams more effective than sprays.
- ★ These will be kept separately from your clothes in our 'smelly kit'. We also bring extra.

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Feminine Hygiene Products: in a ziplock bag

- Bring whatever method you're comfortable with, EVEN IF you're not expecting to need it.
- ★ We will bring extra pads and tampons as well in case you run out.

Medication: in a ziplock bag

- Prescription medications in their original labelled container or pharmacy blister pack.
- ★ Bring enough for the length of the trip, PLUS 4 EXTRA DAYS WORTH.

Optional but highly useful Items:

- Flashlight: Very very useful for nighttime bathroom needs.
 - Spare batteries
- Durable, waterproof, disposable camera if you want to take pictures
- Small** brush or comb if you have long/tangly hair
- Small, durable (they will get damp and knocked around) things to do on site: eg. journal with pencil/pen, books, cards,

Smoking:

- Campers will be allowed to smoke **ONLY** with GUARDIAN PERMISSION
- Triple bag cigarettes in ziplock bags. They WILL get wet otherwise.
- Bring a plastic bottle (eg. gatorade bottle) to store the ash and butts during the trip. This is your responsibility. If you lose it you will no longer be allowed to smoke.
- By law, staff are not allowed to carry cigarettes for campers, they are your responsibility.
- Do not bring lighters or matches. Staff will provide lighters for you to use on trip.
- Smoking is only allowed in certain places:
 - Allowed: beginning and end of portages, on the campsite, next to the lake.
 - NOT Allowed: during portages, in tents, in canoes, in the woods.
- Sharing cigarettes with other campers who do not have permission to smoke will result in the loss of smoking privileges for everyone involved.
- Please note, Outlook is not designed as a detox program for tobacco, or anything else, attempting to quit an addictive substance on trip will be very very difficult.

PROHIBITED ITEMS:

- Drugs and alcohol
 - Knives of any kind, including utility knives
 - Candy and food items
 - Lighters, matches, flint, and any other fire-starter
 - Phones/iPods/electronics/etc. are permitted on the bus ride but will be left on the bus.
- THEY ARE NOT PERMITTED ON TRIP.**

NOTES:

- Please leave all valuables at home (wallets, jewellery, expensive clothing, etc.); they WILL get wet, dirty, damaged, or lost, no matter how careful you try to be!
- Scented products attract BUGS and BEARS!! DO NOT bring any soaps, shampoos, deodorants, perfumes, makeup, or any other products. We will not bring them with us.
- Please label all personal items. You are responsible for any lost or stolen items.