

Camp Outlook Winter Trip Packing Checklist

The following is a list of things you should bring and INCLUDES what you will be wearing when you arrive. **DO NOT BRING ANYTHING EXTRA!!** The weather in the fall and winter can get very cold, especially at night. You will keep warm by wearing layers of clothing that are made from wool or synthetic materials (ex. Polypropylene, polyester, nylon, fleece etc.). Cotton clothing is less desirable as it takes a very long time to dry if it gets wet. Please try to pack as much synthetic clothing as possible.

_____	2 WARM long pants (NO jeans)	_____	2 WARM sweaters (wool or fleece)
_____	Winter/insulated jacket and pants	_____	1 pair of warm winter boots
_____	2 pairs underwear	_____	4 pairs socks (wool is best)
_____	1 toque	_____	1 pair of mitts
_____	Long underwear, top and bottom	_____	2 long-sleeve shirts
_____	1 toothbrush + toothpaste	_____	Prescription medications in original, labeled container
_____	winter sleeping bag* (see note)	_____	1 1-Litre, durable water bottle

* We will provide a winter sleeping bag if necessary.

Optional Items:

_____ Bug repellent (NO aerosol cans)

_____ Flashlight + batteries (very useful!)

PROHIBITED ITEMS:

- DRUGS AND ALCOHOL

- CANDY AND FOOD ITEMS

- ELECTRONIC DEVICES

- KNIVES

- LIGHTERS, MATCHES, FIRESTARTERS

NOTES:

- Please leave all valuables at home (wallets, jewelry, expensive clothing, etc. ...), things that go on trip tend to come back in a much more damaged condition.

- Scented products attract BUGS and BEARS!! DO NOT bring any soaps, shampoos, deodorant, perfumes, makeup, or any other products not listed in the packing list!

- Please label all personal items with your name, you are responsible for any lost or stolen items.

- Cigarettes will be permitted ONLY if the camper has WRITTEN PARENTAL OR GUARDIAN CONSENT - please bring a butt bottle with you (a plastic drink bottle works well). Do not bring lighters or matches, even if you are allowed to smoke. Staff will provide lighters to use on trip.

If you have any questions or want clarification about anything on this sheet, please call us at 613-544-6444.